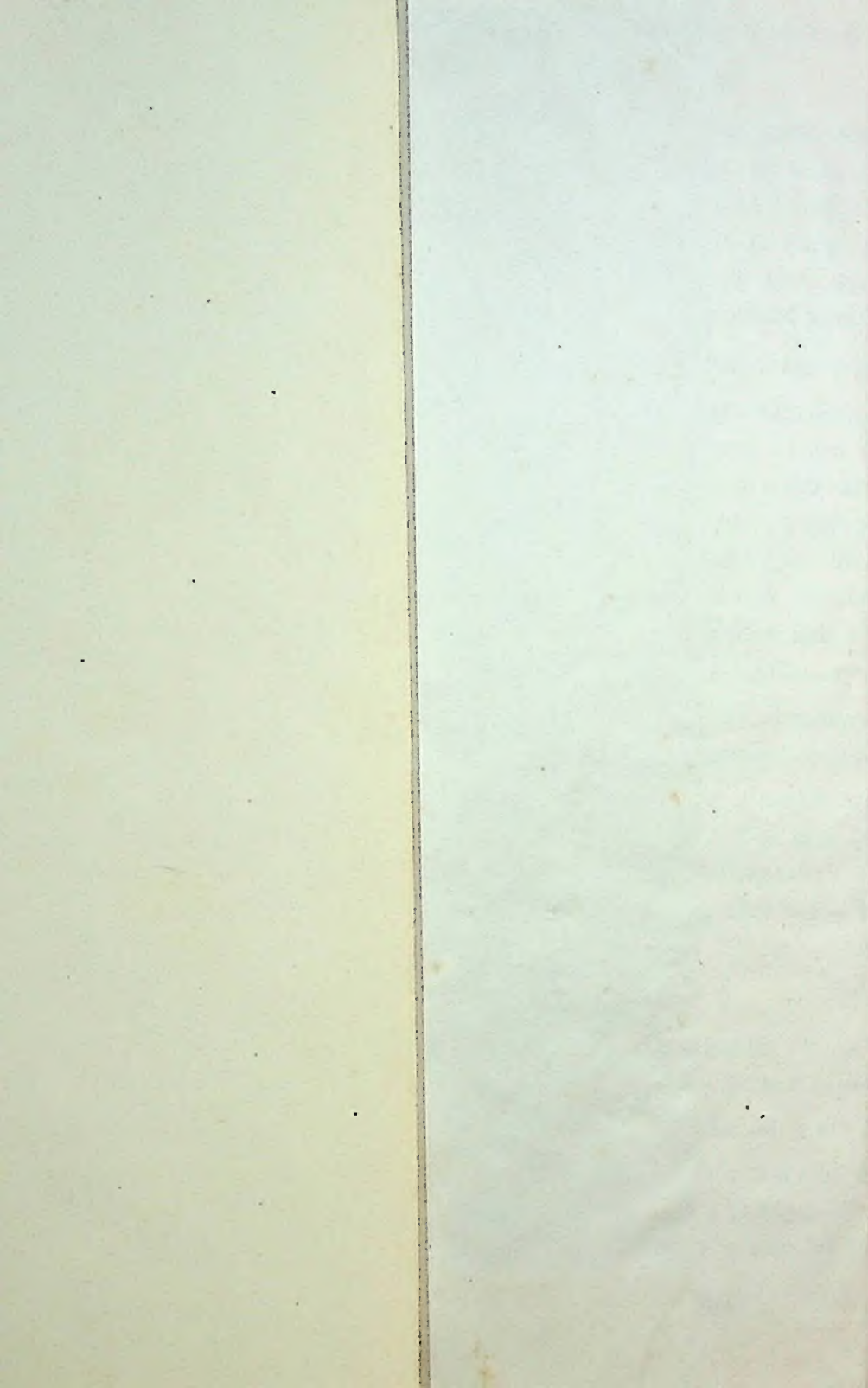
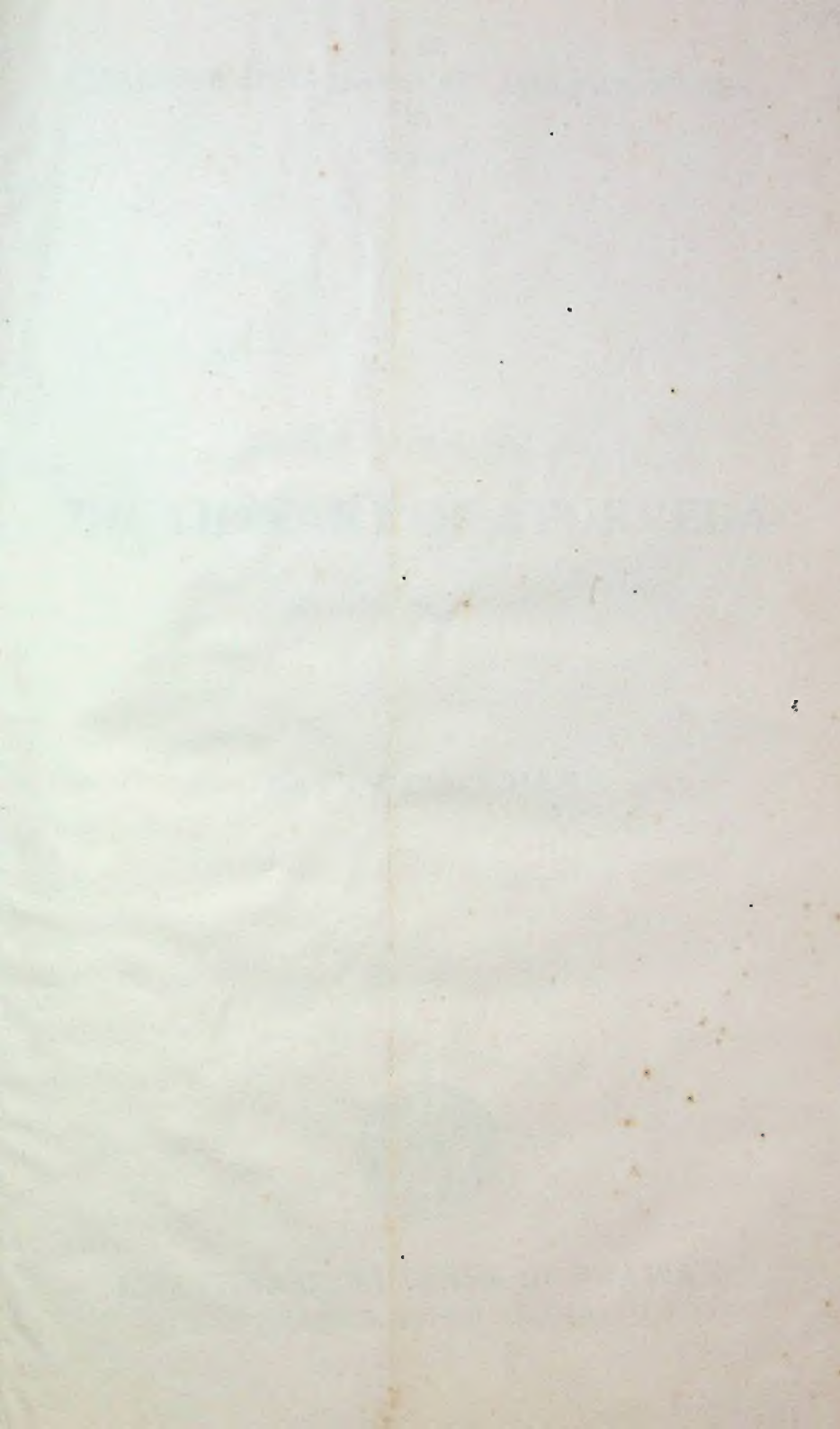
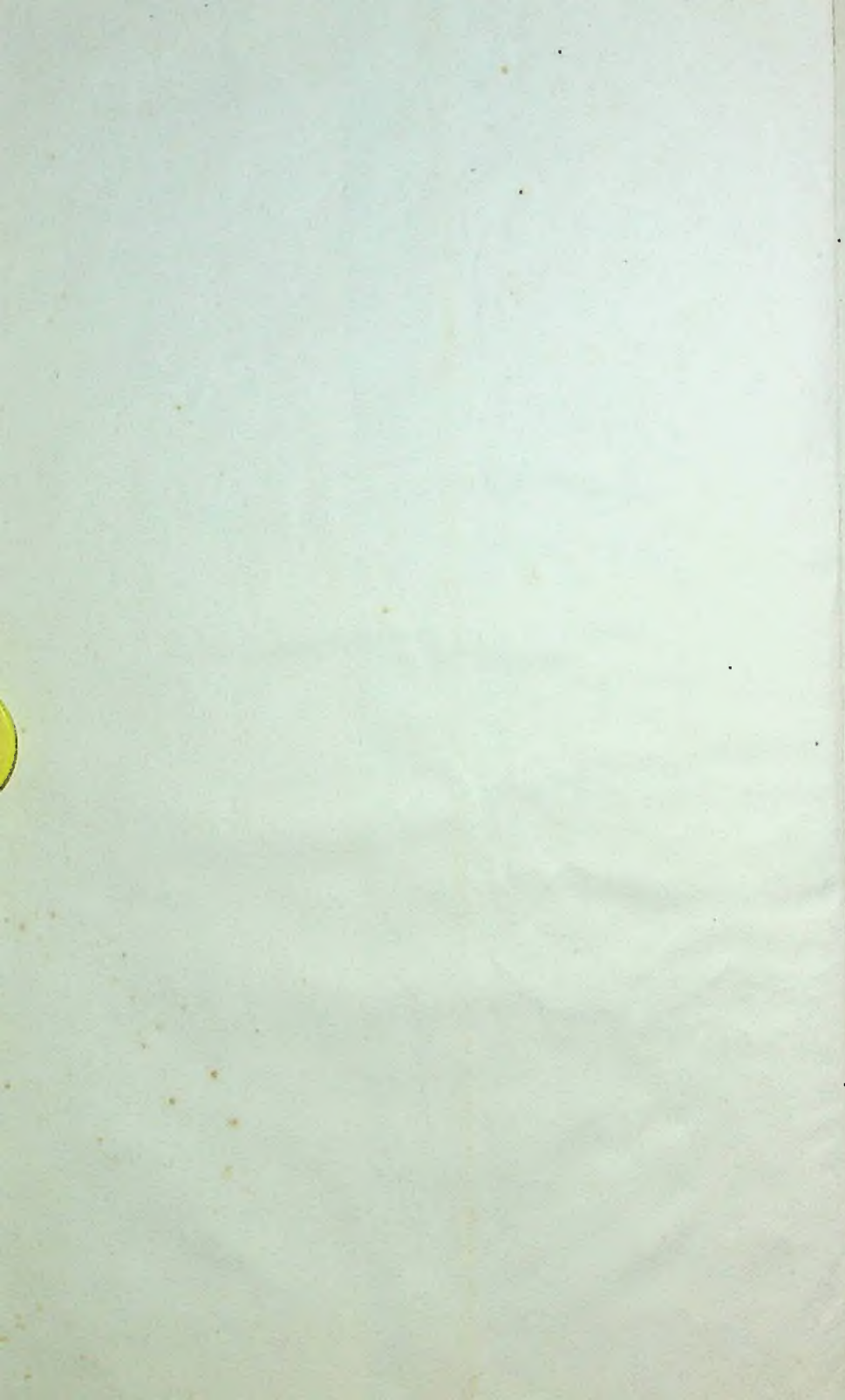


Dictionary of Ayurveda







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55



DICTIONARY OF AYURVEDA

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Dictionary of Ayurveda

Dedicated to
Shri Kamaleshwari Prasad
(1924–1994)

If India is progressing in the field of science and learning, it is mainly due to small-town personalities like you who promote the cause of education and spark dedication to Ma Sarasvati among otherwise unprivileged students.

Preface & Acknowledgements

In Ayurveda, several terms denote connotations that are strikingly different to the meanings they are known for in general Sanskrit usage. For example, one should not get surprised to see that the 'Dviija' in Ayurveda does not refer to the 'twice-born brahmans' but 'teeth' (of course, by birth they are also qualified for the adjective in question). The term 'Sanyas' is not for 'renunciation of the worldly affairs' in Ayurveda, but is something serious as the state of 'coma'. The 'Bhavana' is not something akin to 'sentiments' such as it is meant in common Sanskrit, but a pharmaceutical process to be adhered to without getting sentimental about. The list may be a long one indeed.

Besides such complications there are numerous terms of Ayurveda that require clarification as well as some definitional notes. As a student of Ayurveda and its history, I needed a manual or dictionary as such, and badly. Therefore, I tried to locate one. However, my rummaging through the National Library, Kolkata, all the major libraries at Delhi, Chennai, Mumbai, Pune and Varanasi as well as through the 2004 World Book Fair, Delhi could not serve the purpose. Therefore, I decided to summon whatever scant knowledge and idea about Ayurveda I possessed to prepare such a dictionary myself. The product is in your hands.

Scientists and learned ones have defined their great achievements as nothing but 'mounting on the scholarly output' of the past generations' work. While working on this project I realized (and also actualized) this truism quite frequently. I know no how to acknowledge the obligations of all the scholars behind me whose great works provided the critical raw materials to the manual which appear under my name.

Acknowledgements are due to other kind persons who supported me in various ways. First and foremost, I acknowledge the support of Shri Rajendra Gupta and Riteshji of Chaukhambha Publications, Delhi. Several large-hearted individuals helped me during this project personally and by way of computer-processing the manuscript. They include Anavila, my mother Shrimati Ashalata, Govind, Kumar, Shrimati Meena Mandilvar, Pihu, Rachit, and Sanjay. Finally I remember with gratitude Shri Vijay Ambastha without whose help it could not have been possible for me to transmit my duties and obligations at Udanabad and Giridih for over one month and to come to Delhi to conclude this work.

Delhi, August 2004

Kanjiv Lochan

A Note on Transliteration

The system of pronunciation of Devanagri script is not very easy to learn through the Roman alphabet. The present work has opted the most popular style as reflected by the way of spelling of different names in India as well as abroad. The following list largely represents the method employed in this dictionary.

अ	A	क	Ka	ढ	Dha	य	Ya
आ	Aa	ख	Kha	ण	Na	र	Ra
इ	E	ग	Ga	त	Ta	ल	La
ई	Ee/i	घ	Gha	थ	Tha	व	Va
उ	U	ङ	Nga	द	Da	श	Sha
ऊ	U	च	Cha	ध	Dha	ष	Sha
ऋ	Ri	छ	Chha	न	Na	स	Sa
ए	Ai	ज	Ja	प	Pa	ह	Ha
ऐ	Ai	झ	Jha	फ	Pha/	क्ष	Ksha
ओ	O	ञ	N		Fa	त्र	Tra
औ	Au	ट	T	ब	Ba	ज्ञ	Gya
अं	An	ठ	Th	भ	Bh		
अः	Ah	ड	Da	म	Ma		



A

Aakshepa - Convulsions.

Aaloo - Water-pot.

Aalu - Water-jar.

Aama - The chyme formation. Chyme is the semi fluid mass of partly digested food passed from the stomach into the duodenum.

Aamadosha - Disorders of chyme formation. Chyme is the semi fluid mass of partly digested food passed from the stomach into the duodenum.

Aamaja Anaha - A kind of constipation. If the constipation is due to the accumulation of Aama, then the patient may have the symptoms like thirst, burning sensation in the head, pain in abdomen, suppression of eructation and coryza. This is the condition of Aamaja Anah.

Aamaja Shula - Intense colic

pain that increases after taking food, anorexia, salivation, nausea, vomiting, retention of gases, rumbling noises in the abdomen, constipation, pain in the body are the main signs and symptoms of Aamaja Shula.

Aama-pachana - Measures and drugs that digest Aama-dosha are called Aama-pachana.

Aamapachani Peya - Beverage, capable of digesting aama. (One of the food-preparations mentioned in the Ayurvedic texts.)

Aamashaya - Stomach and small intestines where food-stuffs are digested.

Aamashaya Vrana - Peptic ulcer. Abdominal pain having definite relation with meal is due to Aamashaya vrana (peptic ulcer). Depending upon the size of ulcer, it is classified into two types viz. Annadrava shula (gastric ulcer) and Parinama shula (duodenal ulcer).

Aamatisara - Dysentery with mucus discharge.

Aamavata - Rheumatism.

Vitiated Aama and Vayu by involving Koshtha, Trika and Sandhi (joints) cause pain in the joints, loss of appetite, indigestion, stiffness of the body, weakness and heaviness in the heart region. This indisposition is known as Aamavata. Pain and inflammation of one or more joints particularly of hand, foot, tarsal, knee, thigh and sacrum; scorpion bite like pain in the affected joints, loss of appetite, indigestion; fever, pain in different part of the body, feeling of heaviness, lack of initiative, disturbance in sleep habit, stiffness in heart region, constipation are the signs and symptoms of Aamavata. The disease may ultimately lead to disability.

Aamla - Acidic.

Aamra - Mango. Fruit useful in treatment of such diseases as Atisara (Rakta), Trishna, Daha, Balaroga, Atisara, and Yakritpliha Vriddhi.

Aantravriddhi - Hernia.

Aantrika-jvara - Typhoid.

Aartava - It is the loss of blood, mucus, and the discarded cells of endometrium. During

fertile years normal women menstruate between 300 and 500 times. Each menstrual period lasts 3 to 7 days and the amount of vaginal discharge measures 180 to 240 ml. The actual amount of blood loss per day is 15 ml or half an ounce.

Aasavan - Distillation

Aasphota - Wild jasmine.

Aasthapanopaga - Adjuvant employed in non-oily enemata.

Abhaya - The term literally meaning 'safe'; 'not causing any fear'. A well-known synonym for the herb Haritaki.

Abhimukh - Dorsal position.

This position is used for examination of chest and abdomen. Patient lies on back with one pillow under the head. Arms lie on side. Knees are slightly flexed. Head may be turned to one side.

Abhishanga - Fermentation.

Abhishavaraja - Kind of beverages. (One of the food-preparations mentioned in the Ayurvedic texts.)

Abhrapushpa - Camomile plant.

Abhyanga - 1. Anointing oil and massage. 2. Anointing the body.

Abhyantara - Internal.

Achushana - Sucking.

Adhaka = 2.048 Kgs. approximately. (A unit of measurement.)

Adhaki - The pigeon beam. Literally from the term '*adhyaki*' meaning that which was mostly consumed by the *adhya*, the high-class people, as this pulse is, even today.

Adhamargava - The plant *Achyranthes Aspera*.

Adhara mahashira - Inferior vena cava.

Adhardhyadhara shastra - Knife with sharp half portion.

Adhijihva - 1. Uvula. 2. Swelling of the tongue or epiglottis.

Adhijihvika - Tense reddish swelling of uvula (*Adhijihva*) that is of the shape of tongue tip situated at the root of the tongue is known as *Adhijihvika*.

Adhimantha - Great irritation of the eyes, severe ophthalmia.

Adhivrikka Granthi - Adrenal glands. These are small triangular glands situated above the kidneys. *Adhivrikka Granthi* has two parts, outer cortex and inner medulla. Cortex secretes cortico steroid hormones that have effect on body's metabolism. It is responsible for hairiness and body shape. Smaller inner part is medulla responsible of body's first line of response and defense against physical and emotional stress.

Adhmana - Distension of abdomen due to the accumulation of gases accompanied by colic pain is known as *Adhmana*.

Adho Dhamani - Downward arteries/nerves.

Adho-bhakta - A dose of medicine to be taken after eating.

Adhohanu - Mandible.

Adusa - *Adhatoda vasica*, a herb.

Agada - 1. A medicine. 2. Free from diseases. 3. Healthy.

Agadankar - 1. Curative; 2. A physician.

Agada-tantra - Toxicology.

Aganikastha - Agallochum (Humad). Kind of scented wood.

Agantuja Chhardi - Vomiting caused by the unpleasant site or smell, pregnancy, disturbances of Ama, disagreeable food, idiosyncrasy and worms is called Agantuja Chhardi.

Agantuka diseases - The Ayurveda classifies diseases under four categories - Agantuka, Doshaja, Manasika, and Svabhavika. Agantuka diseases are those resulting from external reasons like attack by weapons, etc.

Agaru - Amyris Agallocha. Kind of sandal.

Agasta - A herbal plant. Useful in treatment of such diseases as Netraroga, Shvetapradara, Vata Vyadhi, Sandhigata Vata, Shula, etc.

Agasti - Agasti Grandiflora.

Aghrusha - Palatitis.

Agneya - Something capable to develop digestive power.

Agni - Fire. Sometimes refers to the digestive powers, the Jatharagni.

Agni (dahana) shalaka - Rod for branding, a surgical instrument.

Agni shikha - Gloriosa Superba (a plant).

Agni/daha karma - Thermal cauterization, burning by use of fire.

Agnidagdha - Injury caused with the contact of excessive heat is known as Agnidagdha. According to the degree of the injury, Ayurveda classifies burns into four groups viz. Plushta, Durdagdha, Samyagdagdha and Atidagdha.

Agnidipana - Stomachic.

Agnikhada - An infernal pan or stone.

Agnimandya - Dyspepsia. Agnimandya is a condition in which food is not properly digested due to the diminished power of Jatharagni (digestive juices). Indigestion, diminished appetite, loss of taste, salivation, eructation and heaviness in the abdomen are the main signs and symptoms of this disease.

Agnimat - Having a good digestion.

Agnisara - A medicine for eyes, a collyrium.

Agnishikha - Safflower plant. Used in various Ayurvedic formulas.

Agnivardhaka - Promoting digestion.

Agnyashaya - Pancreas. It lies across posterior abdominal wall extending from second part of duodenum to hilum of spleen. It consists of head, body and tail. Main pancreatic duct has many ductules and gradually tapers towards tail. According to modern sciences, secretin and cholecystokinin are the principal regulators of pancreatic functions. Enzymes produced by pancreas are amylase, lipase, colipase, phospholipase and protease. Pancreatic secretion is rich in bicarbonate.

Agraparva-grahya - A unit of measurement equal to the quantity (of powder) to be held between first phalange of index finger and thumb.

Agravaktra - A surgical instrument.

Aguru - Fragrant aloe tree; a kind of black sandal. The term

literally meaning 'not heavy', referring to the very light-weight of its crude drug material.

Aharana - Extraction.

Ahara-rasa - Chyme. Semi fluid mass of partly digested food passed from the stomach into the duodenum.

Ahiphena - Opium. Used in various Ayurvedic formulas.

Ahiputana - Due to lack of cleanliness itching occurs around the anus of babies. It may lead to formation of rashes or weeping pimples with itching. This indisposition is known as Ahiputana.

Ahoratra - (A unit of time) one day and night together.

Aila - Cardamom.

Airanda - Castor.

Aishana - Pursuit.

Aishani - Sharp probe.

Aja - Goat. (One of the species of fauna mentioned in the Ayurvedic texts.)

Aja/Ajaa kshira - Goat milk.

Aja/Ajaa lenda - Goat pallets.

Aja/Ajaa mutra - Goat urine.

Aja/Ajaa paya - Goat milk.

Aja/Ajaa tanuja - Body-hair of goat.

Ajaa - The she-Goat.

Ajagandha - The plant *Thymus serpyllum* Linn. The term literally meaning 'the whole plant smelling like a he-goat'.

Ajagandhika - Kind of potherb. Also used in Ayurvedic formulas.

Ajajee - Cumin seed. Literally related to the term *aja* and meaning 'strongly smelling like goat'. This is a well-known synonym for *Jiraka*.

Ajakarna - The tree *Terminalia Alata*.

Ajamoda - Caraway. The term literally meaning 'delightful to goat'; a much like fodder for the goat which is what celery parsley, its English name is. *Apium graveolens* Linn. *Heloseidium*.

Ajantri - The pot- herb *Convolvulus Argentous*. Also used in Ayurvedic formulas.

Ajara - The plant *Aloe Perfoliata*.

Ajashringi - The shrub *Odina Wodier* used as a charm and as a remedy for sore eyes (its fruit resembles a goat's horn, hence the name; *Aja* = goat; *Shringa* = horn).

Ajatodaka - Dehydration of the stomach.

Ajirna - Indigestion. Diminished *Jatharagni* (digestive juices) caused by some physical factors like excessive intake of food and water, irregularities in diet and sleep, and mental factors such as envy, fear, anger etc. leads to a state in which the patient is unable to digest even *Satmya* (wholesome) and *Laghu* (minor) meals taken in time. This indisposition is known as *Ajirna*.

Ajirna Janya Shula - The colic pain caused by the indigestion is known as *Ajirna Janya Shula*.

Ajjhata - The plant *Flacourtia Cataphracta*. Used in various Ayurvedic formulas.

Akhu - Rat. (One of the species of fauna mentioned in the Ayurvedic texts.)

Aksha - From the root *aksh* 'to penetrate'; axis. Connotations

occurs as a fruit of the plant Vibhitaka to which it is a synonym.

Aksha = 8 gms. approximately.
(A unit of measurement.)

Akshadhara Shira - Subclavian vein.

Akshata - Rice-grains.

Akshiba - 1. Sea-salt. 2. Something not intoxicable.

Akshibhedha - Squint eye.

Akshibheshaj - Symplocos crataegites. Synonym of Lodhra. The flower is used in medicines related to eye (Akshi) diseases.

Akshigata - Eyesore.

Akshigola - The eyeball.

Akshiloman - The eyelash.

Akshipaka - Ophthalmitis.

Akshipatala - Coat of the eye.

Akshiroga - Eye infection, ninety-six varieties mentioned in Ayurveda.

Akshitara - The pupil of the eye.

Akshoda - A walnut, the tree Aleurites Triloba, also called Akshodaka.

Akshodaka - A walnut, the tree Aleurites Triloba, also called Akshoda.

Akshota - A walnut, the tree Aleurites Triloba, also called Akshodaka.

Ala - Orpiment (one of the minerals mentioned in the Ayurvedic texts).

Alabu - Bottle gourd, Lagenaria Vulgaris.

Alaji - Whitlow.

Alankata - (one of the minerals mentioned in the Ayurvedic texts) Synonym of Haritala and Ala.

Alasaka - Acute distention of abdomen. Patient becomes restless due to pain in abdomen in this case. Retention of faeces and gases; flatus, thirst and eructation are the main signs and symptoms of Alasaka.

Alasi - Linseed.

Amala - Citrus. Pure.

Amalaka - See Amalaki below.

Amalaki (Amala) - Emblica officinalis or Phyllanthus Emblica. Fruits. Useful in treatment of such diseases as Atisara (Rakta), Armlapitta,

Asmari, Unmada, Kasa (Jirna), Chhardi, Netra Roga, Timira, Prameha, Bala Roga, Rakta Pitta, Trishna, Palitya, Khalitya, Pradara (Rakta), Yonidaha.

Amalakyadi Gana - The group of these herbs: Amalaki, Haritaki, Pippali, and Chitraka.

Amalameha - Lithuria.

Amalaveta - Common Sorrel.

Amara Lata - Deodar.

Amaravallari - The plant *Cassyta Filiformis* Linn.

Ambastha - Kind of jasmine, synonym of Patha.

Ambasthadi Gana - Gana is a group of drugs. The Ambastha Gana includes the following: Patha, Dhataki Pushpa, Samanga (Lajjalu), Katvanga (Shyonaka) Madhuka (Madhuyashti), Bilva majja, Savaralodhra, Palasa, Nandivriksha (Toona), Padmakesara (Kamala Keshara).

Amber - The plant *Ambergris*.

Ambuchara - Aquatic animals/birds.

Amla - Acids.

Amlapitta - Hyperacidity. It is the disease caused by the excessive formation of acid in the stomach. Due to this patient feels burning sensation in the throat and heart region. Bitter or acidic eructation, nausea, loss of appetite, indigestion, prostration and heaviness in the body are the main signs and symptoms of Amlapitta.

Amlavetasa - *Rheum emodi* Wall. Sorrel. A herbal plant. The term literally meaning 'a sourly bamboo'. This is in reference to the bamboo like stem of the plant that is also sour in taste.

Amlika - Tamarind, imali, *Tamarindus indica* Linn. Useful in treatment of such diseases as Kasa, Svarabheda, Bala Roga, Chhardi, Masurika.

Amogha - Trumpet flower.

Amra = 32 gms approximately. (A unit of measurement.)

Amrataka - Hog plum.

Amrita - Synonym of Gurucha; *Menispermum Phaseolus Trilobus* Ait.

Amrtikarana - Purification.

Amrtikarana is a process in which the prepared Bhasma, with half of its weight of sulphur is ground in Nimbu Svarasa (fresh lemon juice) for three hours. It is made into a bolus, dried, wrapped with wet clay cloth, fried in a Gajaputa and allowed to cool. Thereafter, clay wrapping is removed and the material inside powdered. Some Bhasma required further Amrtikarana as in the case of Tamra i. e. copper.

Amsaphalak - Scapula.

Amshumati - The term literally meaning 'having a pronounced fibrous *amshu* nature'. Synonym to the plant Shalaparni.

Anagneya - Sudation, fomentation therapy without the use of fire by remaining in air tight room, by indulgence in physical exercise, fight, hunger and by drinking large quantity of alcoholic drinks, etc.

Anaha - Acute constipation. Anaha is a disease characterized by the slow accumulation of Aama or Purisha (faecal matter) in the intestines due to vitiation of *vata*. It is of two

types depending on the involvement of Aama or Purisha.

Analaprabha - The plant *Halicacabum Cardiospermum*.

Anamika - Ring finger.

Anamika - Ring finger.

Ananasa - *Ananas sativus*. Fruits and leaves used in drugs.

Ananta - *Asthmatica*. The roots of this plant are used as medicine. Synonym of Sariva.

Anantamula - *Hemidesmus Indicus* or *Asthematics*. Roots of the plant Ananta.

Anchitagra - Curved bistouries.

Anda - Egg.

Anda Kosha - Testicle.

Andagranthi - Testes.

Andakosha-vriddhi - Hydrocele. In it tunica vaginalis becomes irritated and an effusion of fluid occurs into the cavity between the parietal and visceral layers. It may be caused by acute inflammation of testes, trauma or neoplasm. Wall of hydrocele is usually thin. It may be congenital also.

Andhamusha - A small covered crucible with a hole in the side.

Andhamushika - The grass *Lepeocerciscis Serrata*.

Andhata - Blindness.

Andhatava - Blindness.

Andika = 125 mgs. approximately. (A unit of measurement.)

Angamarda-prashamana - Restoratives.

Angangi-bhava - Mutual relation on correlation between the limbs or a limb and the body.

Angapali - *Medicago Esculenta* (A herbal plant).

Angaraga - Application of unguents or cosmetics to the body especially after bathing.

Angaramanjari - The shrub *Cesalpinia Banducella*.

Angaraparipachita - Roasted food.

Angarapushpa - The plant *Ingudi*, *Vulg. Ingua*.

Angaravallari - Species of *Karanja* plant. Indian beech, *Pongamia pinnatta* or *Glabra*. Bark, leaves, seeds and oil of

this tree are useful in treatment of such skin diseases as *Pama*, *Kandu*, *Shvitra*.

Angari - A portable fire- place.

Angarika - 1. The bud of the plant *Kinshuka* or *Butea Fron Dosh*. 2. Medicated oil in which turmeric and other vegetable substances have been boiled.

Anga-suptata - Anesthesia.

Anghriparni - The plant *Hedysarum Lagopodioides*.

Anghriskandha - The ankle.

Angkod - Walnut.

Angkur - Sprout.

Angula - (Units of linear measurements) fingers breadth - /1.8 cms (approx.).

Angula - Toe.

Anguli - Finger.

Anguli Agra - Finger tip.

Anguli Tranka - Finger guard.

Angulipak - *Panaris*. Kind of wound in fingertips.

Angulitadana - Percussion.

Angulyasthi - Phalanges.

Angustha - Thumb.

Anhurana - Distressing.

Anidra - Insomnia. It is an insufficient and troubled sleep. Many persons complain of increased daytime fatigue and irritability. Worry and mental stress are common cause in resulting failure of sound sleep. People with anxiety and depression may also find it difficult to get sound sleep. Withdrawal syndrome from hypnotic drugs may produce weeks of insomnia.

Anjali - Handful.

Anjali = 128 gms. approximately. (A unit of measurement.)

Anjana 1 - Stile. Anjana or Collyrium is an Ayurvedic term for a preparation to be used for eye troubles with the help of a rod (shalaka) specially prepared for the purpose. It is a fine powder applied in the eyes with the help of a said rod. 1.

An act of applying an ointment or pigment, embellishing the eyes; 2. Black pigment or collyrium applied to the eyelashes or the inner coat of the eyelids; a special kind of this pigment, as lamp-black. 3.

Dry or wet application for the eye. Anjana can be prepared by adding little quantity of water to the fine powder of the drug or Bhasma and made in the shape of varti (stick).

Anjana 2 - Lead and antimony ore or compound (one of the minerals mentioned in the Ayurvedic texts).

Anjanadi Gana - Group of medicines including the following; Anjana (Soviranjana), Rasanjana (Strotanjana) and Daruharidra Kvatha Ghana), Nagapushpa (Nagakeshara), Priyangu, Nilotpala (Nilakamala), Nalada (Ushira), Nalinakeshara (Kamala Keshara), and Madhuka (Madhuyashti).

Anjananamika - Sty or sty. Inflamed swelling on the edge of the eyelid. Anjananamika is a disease characterized by the appearance of a small, soft and copper coloured pustules in the lid near a hair follicle accompanied by mild pain like pricking and burning sensation.

Anjanika - Lizard with red tail.

Anjira (Phalgu) - Ficus carica Linn. Fruits used in medicines.

Ankola or Ankotha -
Alangium Lamarkii. Root bark
and seeds used in medicines.

Ankur - Shoot.

Annadrava shula - Gastric
Ulcer. This type of abdominal
pain occurs due to the ulcer in
the stomach. In this indisposi-
tion patient may have pain
immediately after taking the
meal or during the digestion.
The pain is not relieved after
taking Pathya or Apathya
meals. Vomiting only may
relieve it.

Ansai - Strong.

Anshuk - Woven silk.

Anshumatphala - Banana.

Antaradhi - Trunk.

Antardhuma - Process of
keeping the desired drug in a
dry clean earthen pot and
covering it with an earthen lid
and placing the pot in the fire
of cow dung cakes till the
complete incineration. Before
firing, the pot is sealed in the
junction with cloth and by
coating wet clay. After cooling
the drug is removed from the
pot carefully and is powdered
before serving.

Antarhridayavarana-shotha -
Meningitis.

Antarika Vidradhi - Internal
abscess.

Antarvaktra shastra- Bistuary.

Antika - Oven, a fireplace.

Antra - Intestine.

Antra Kshaya - Intestinal
tuberculosis. Antra-Kshaya is a
disease in which patient passes
extremely mucous stools of
liquid consistency with pain
and sound, particularly in the
daytime. This disease comes in
attacks at the interval of a
month, fortnight or ten days
during which patient passes
loose motions. In between the
attack patient suffers from
constipation.

The symptoms are gener-
ally relieved in the night; its
other symptoms are rumbling
sound in the intestine, lassi-
tude, asthenia, indigestion and
pain in lumber region. This
disease is difficult to cure and
requires the treatment for
longer duration.

Antra Parishistha - Appendix.

Antra roga - Enterosis.

Antra Sothaja Atisara -
Diarrhea due to colitis.

Antrakujana - Borlorygmus.

Antramaya - Stiff neck.

Antramukha - Curved bistouries.

Antrapuchcha Pradah -
Appendicitis. Sudden onset of generalized abdominal pain followed by its localization in the right lower quadrant of abdomen, nausea, vomiting, constipation, fever, localized tenderness and rigidity of the right lower quadrant are the general signs and symptoms of Antrapuchcha Pradaha.

Antravidaha - Intestinal inflammation.

Antravridhhi - Hernia.

Antrika Jvara - Continuous fever of more than 7 day's duration is generally taken as Antrika Jvara (also called Santata Jvara): It may continue up to 4 to 5 weeks. Its other symptoms include constipation or loose motions, heavily coated tongue with white fur, comparatively slow pulse, appearance of small rose-coloured spots on 7th to 12th

day of fever, intense feeling of burning outside and inside, thirst and heaviness in the body. In the third week patient may feel extreme lethargy, drowsiness and fainting.

Antrika-Kotha-Prashamana -
Intestinal antiseptic.

Anu shastra - Accessory surgical instruments.

Anu yantra - Accessory surgical instruments.

Anudra - Waterless.

Anulomana - Carminative, having the power to relieve flatulence and associated colic.

Anupa-mamsa - Flesh of animals of marshy places.

Anupana - A fluid vehicle in medicine; a drink taken with or after medicine.

Anurjata - Allergy.

Anushastra - Accessories of sharp instruments.

Anuvartana - Maintenance.

Anuvasana - The substance or drug that causes the body soft, unctuous and strong is called Anuvasana. The oils in Vata vikara (disorder) and butter

(ghrita) in Pitta vikara are very efficacious. An oily enema is also called Anuvasana Vasti.

Anuvellita - Bandage twisted inward.

Anuvellita-bandha - Spiral bandage.

Anyedyushka Jvara - Mixed malarial fever. A fever appearing once only in twenty-four hours is called Anyedyushka Jvara.

Apachana - This is a problem of indigestion. It may be caused by eating too quickly and of fatty food. Symptoms include bloated feeling around diaphragm, belching and regurgitation of liquid contents. There may develop heartburn and flatulence.

Apachi - Scrofula or chronic tuberculosis lymphadenitis.

Apaka - Unripe.

Apakaja - Not produced by cooking or ripening.

Apalanka - The plant *Casia Fistula*.

Apamarga - Prickly chaff *Achyranthes Aspera*. Roots, seeds, leaves and Kshara of

plant are useful in treatment of such diseases as Arsha, Vishuchika. The term literally meaning 'a weed of the out of the way places'. This plant was so named because it was employed as very often in incantations, medicine and in sacrifices viz. in esoteric, out of the way practices, *abhichara*.

Apamarga kshara - Alkali of the above.

Apana - Opposed to 'pana', that one of the five vital airs which goes downwards and out at the anus.

Apara - Placenta.

Aparajita - *Clitoria ternatea* linn. Roots, seeds and leaves of this plant are used in treatment of such diseases as Galaganda, Charmaroga, Shotha, Shlipada.

Apasmara - Epilepsy. It is a seizure caused by abnormal electrical activity in brain. It is a symptom of brain dysfunction. Seizure may occur due to head injury, birth trauma, brain infection, tumour and stroke. It is classified into two generalized and partial seizures. Generalized seizures cause loss of consciousness. It

affects the whole body while temporal lobe epilepsy is a type of partial seizure. It is caused by damage to a limited area of brain.

Generalized epilepsy results into unconsciousness; entire body stiffens and jerks uncontrollably. There may be cry, breathing becoming irregular. In cases of simple seizure there will be tingling sensations or hallucination of smell and vision. During complex partial seizures person becomes dazed and may not respond if addressed.

Apa-tanakin - Affected with spasmodic condition.

Apatantra - Spasmodic contraction of the body or stomach, emprosthotonos; heat.

Apatarpana - The measure and drug that causes the body and body-element starve is called Apatarpana. It is also known as Langhana therapy to make the body thin.

Apatarpana is of two kinds- viz. Sodhana - purificatory therapy. b. Samana - palliative therapy.

Apatastraka - Convulsions with body bent like a bow. . . Tetanus.

Apathya - Unfit, unsuitable, unwholesome as food or drink in particular complaints.

Apikaksha - The region of the armpits and shoulder- blades (especially in animals).

Apupa - Sweet, fried bread. (One of the food-preparations mentioned in the Ayurvedic texts.)

Ara - Cutting disc, awl.

Aragvadha - Cassia fistula. . . Leaves, flower, pods and root bark of this plant are used in treatment of such diseases as Anaha, Aamavata, Kasa (Jirna), and Dadru.

Aragvadhadi Gana - Group of herbs involving Aragvadha, Madana, Gopaghonta (Karkotaka or Puga), Kantaki (Vikantaka), Kutaja, Patha Patala, Murva, Indrayava, Saptaparna, Nimba, Kuruntaka (Shveta saireyaka), Dasi Kurutaka (Pita saireyaka), Guduci, Chitraka, Saransasta (Kakajangha), Karanja dvaya, Patola, Kiratatiktra, and Sushavi (Karvellaka).

Aralu - Bignomia Indica.
Synonym of the plant Aratu.

Aranala - This is a preparation in which some cereals or foodstuff or vegetables are put or kept into water for some time and allowed to become sour or fermented. It is also called Conjee (Kanji).

Arani - The plant *Premna integrifolia* Linn.

Aranya Akshota - *Aleurites moluccana* wild. Seeds of this plant are used in medicines.

Aranya Jiraka - Synonym of Somaraji. Karjiri.

Centratherum anthelminticum. All parts of the plant, and seeds used in preparation of a variety of drugs.

Arbuda - Nonsuppurating swelling. Tumour. It may be thin or thick in semi-liquid consistency. Arbuda is an indisposition in which elevated, round, deep rooted, large and immovable mass develops in parts of the body. At the early stage it is less painful, grows slowly and generally does not suppurate.

It is classified into vatika,

paittika, kaphaja, raktaja, mamsaja and medoja according to Dosha and tissue of the body in question. Further the tumours are classified into two groups viz. benign and malignant. Benign tumours are less harmful while malignant tumours require immediate treatment.

Ardaraka - *Zinziber officinale* Rose. Ginger. Wet ginger. Useful in treatment of such diseases as Agnimandya, Ajirna, Arochaka, Adhmana, Karnashula, Kasa, Pinasa, Sita, Pitta/Shotha, Svarabhada, Adhijihvika, Grahani Roga, Pandu, Katishula.

Ardhadhara - Single edged knife.

Ardhash- avavaka = 128 gms. approximately. (A unit of measurement.)

Ardhavabhedaka - Hemi crania.

Ardita - Paralysis in which only one half of the face is involved is known as Ardita. Twisting of one half of the face including neck towards the normal side, trembling of the head, impairment of voice, tremor, stiffness

or pain in the neck, inability to close the eye or to show the teeth of the affected side are the main signs and symptoms of Ardita.

Ardramalaka - (A measurement of weight) same as Amalaka, i. e. approximately 4 grams.

Arimeda or Vitkhadira - *Acacia farnesiana*. Bark, leaves, flower and gum of this plant are used in medicines.

Arishta 1 - Prepare decoction of the required drug and filter the same. Add to the filtrate, the required quantity of Guda, Sharkara or honey. Keep all these in a pot for about one month as described in Sandhana Kalpana. If Sandhana (fermentation) is done by making the Kvatha of the drug then it is known as Arishta, but when the Sandhana is done by adding the drugs directly to water, then it is known as Asava.

Arishta 2 - Soapberry tree.

Arishta patram - The term literally meaning 'unhurt, proof against hurt and/or bad omen, secure, safe'. This is in

reference to its medicinal efficacy. Leaves of the tree Nimba.

Arishtaka phala - Soap nut.

Arjuna - *Terminelia Arjuna*. Its bark is used in drugs useful in blood purification and in heart related disorders. The term literally means 'white', a term especially common in early Sanskrit. A very apt descriptive term for the characteristically white surface of the trunk of this big sized tree by which Arjuna stands out strikingly in a forest. This term in later Sanskrit, however, mostly refers to the Pandava hero of the *Mahabharata*.

Arka 1 - Arka is an Ayurvedic preparation obtained by process of distillation. There is special apparatus called Arka-Yantra (distiller) for it. To the coarsely powdered drug add two times its weight of water and macerate it overnight. Next day distill it, till half of the water used is recovered as Arka.

Arka 2 - A herbal plant, leaves, flower, root's bark and latex of this is useful in treatment of such diseases as Arsha, Karna

Paka, Karnashula, Dantashula, Pama, Vatavyadhi (Manyastambha), and Vrana.

Arkadi Gana - Group of herbal plants involving Arka, Alarka, Karanja, Latakaranja, Nagadanti, Apamarga Bharangi, Rasna, Kalihari, Shveta. Aparajita, Nila Aparajita Vrischikali, Jyotishmati, and Ingudi.

Arma - Arma is a disease in which triangular patch of mucous membrane grows in the conjunctive usually from the nasal side of the eye. It spreads towards the pupil.

Armana = 8.292 Kgs. approximately. (A unit of measurement.)

Arochaka - Arochaka is an indisposition in which the patient does not have desire to eat. In addition to loss of appetite the patient may have sensitiveness of teeth and dull taste in the mouth due to vata; sour or acidic (amla) taste and foul smelling in the mouth due to pitta; and salty or sweet taste and feeling of sliminess, heaviness and stiffness in the mouth due to kapha.

Arsha - Haemorrhoid, piles; Arsha (piles) is an indisposition in which a fleshy swelling of variable size, shape and colour appears (due to varicosity of veins) in the anus. From the treatment point of view Arash is divided into two groups viz. Sushkarasha and Shravi Arasha. Appearance of fleshy swelling (Mamsankura) in the anus, obstruction to the passage of gases, pain particularly on defecation, diminished appetite and constipation are the general signs and symptoms of Arsha.

Arsha Bhransha - Prolapse.

Arsha Vipasha - Strangulation.

Arshah-Shatana - The drug that causes the piles or haemohhroidal growth cut, dry and fall is called Arshah-Shatana.

Arshoghna - A drug that cures piles or haemorrhoids is called Arshoghna.

Arshoyantra - Rectal speculum.

Arumshika - Weeping or greasy scabs having multiple channels develop in the scalp

due to the infestation of lice, vitiation of Rakta, etc. This condition is known as Arumshika. Suppurating pimples having numerous opening develop in the scalp becomes wet due to the discharge from the pimples.

Arvi - *Colocasia esculenta*. Leaves and root bark of this plant are used in various preparations.

Asana - *Pterocarpus marsupium* Roxb *Terminelia tomentosa*. Bark and wood of this plant are used in various preparations. The term literally meaning 'thrown off'; from the root 'as'. It refers to the samaroid single seeded fruits that get thrown off in abundance on maturity for wind dispersal. However, as usual connotation ascribed to this plant is for "a discharge of exudation in reference to the natural gummy exudation".

Asava - Fermented water based drug. They are preparations wherein drugs are put in liquid and allowed to ferment for a certain period. To expedite fermentation some fermenting agents are also

added. The liquid is filtered after the completion of the fermentation. The average time fixed for it is one month. The fermentation done by adding the drugs directly to the water without preparing the Kvatha is known as Asava. If fermentation is done by making the Kvatha (decoction) of the drug then it is known as Arishta.

Ashaya - They are eight in number: 1. Rasa-Raktashaya - heart, liver and spleen 2. Kaphashaya - chest/lungs 3. Aamashaya - stomach, small intestine 4. Pittashaya - liver, stomach 5. Pakvashaya - large intestine 6. Vatashaya - large intestine, rectum 7. Mutrashaya - urinary bladder and 8. Garbhashaya - uterus - in women only.

Ashchyotana - Washing and bathing the eye with liquids.

Ashma - Stone.

Ashmajatuka - The Rock (ashma) Born (jatuka) i. e. Brtanum.

Ashmantaka - White mountain ebony.

Ashmari - Stone disease (in bladder). Calculus. Ashmari is a disease caused by the formation or lodging of a stone in the urinary passage. It is also called Mutrashmari. Severe abdominal pain in the umbilical or urinary bladder region, and obstruction to urinary flow (due to which patient passes urine drop by drop and with difficulty) are the main sign of this disease. In this indisposition, effort to urinate causes intense pain and the pain is aggravated by running, jumping, riding and walking distances. There is sometimes appearance of blood in the urine as well.

Ashmaribhedana - Urinary lithontriptics. A drug that breaks the stone formed in urinary tract.

Ashoka - *Saraca Indica*. The term Ashoka literally meaning 'removing away the grief', by the very splendor of its flowers. Bark, flower and seeds of this tree are useful particularly in menstruation related problems. A tree said to put forth blossoms when kicked by young ladies.

Ashrava - Discharge.

Ashru Granthi - Lachrymal gland.

Ashta Kshara - Alkali of eight materials including the Apamarga, Palash, Madar, Til, Ushka, Kala Moksha, Yavakshara, Tankankshara. ('Ashta' meaning eight in number.)

Ashta Kshira - Milk of goat, cow, buffalo, elephant, camel, mare, ladies and sheep. ('Ashta' meaning eight in number.)

Ashta Mutra - Urine of goat, cow, buffalo, elephant, camel, mare, ladies and sheep. ('Ashta' meaning eight in number.)

Ashta Varga - Group of eight herbs including Jivaka, Rishabhak, Meda, Mahameda, Kakoli, Kshira Kokoli, Ridhi and Vriddhi. ('Ashta' meaning eight in number.)

Ashtamana = 64 gms. approximately. (A unit of measurement.)

Ashtamika = 16 gms approximately. (A unit of measurement.)

Ashthila - Enlarged prostate. A round stone like gland situated

at the neck of urinary bladder known as prostate sometimes enlarges and causes obstruction to the external passage of urine. This indisposition is known as Ashthila. It generally occurs in the old age.

Ashthila Granthi - Prostate gland. It is a solid, chestnut-shaped organ. It surrounds the first part of the urethra in male. It is situated under the bladder and in front of rectum. It produces secretions that form part of seminal fluid during ejaculation. It weights only a few grams at birth. Enlargement starts at puberty and at the age of 20 it is about 20 gm. In old age it continue to enlarge.

Ashti - shula - Ostalgia.

Ashva Karisa - Horse-dung.

Ashvagandha- The plant winter cherry. The term literally meaning 'smelling like that of a horse'. Withania Somnifera. Root, leaves and Kshara of the plant are useful in treatment of such diseases as Daurvalya, Dhatukshaya Shukrakshaya, Bhrama, and Sandhishula.

Ashvakarna - Dipterocarpus alatus Roxb. The term literally meaning 'leaf resembling the ear of the horse'. Its resinous exudation is used.

Ashva-Mala - Horse's dung.

Ashva-Pitta - Horse's bile.

Ashvatari - Mule. (One of the species of fauna mentioned in the Ayurvedic texts.)

Ashvattha - The Indian Pippal tree, banyan. The term literally meaning 'a tree (at the outskirts of a village) where horses were tied (by the travellers)'. Its Panchang is used. Useful in treatment of such diseases as Agnidagdha, Vrana, Chhardi, Shula (Udara).

Asitam utpalam - The term literally meaning 'Non-white asita', usually taken to be black utpalam louts. It is also to be taken to mean non-white, implying red lotus Nelumbo uncifera Gaertn.

Asra - Blood.

Asthi - Bhanga - Fracture of bone. If due to trauma dislocation of the joint or fracture occurs, this indisposition is known as bhagna (Asthi

Bhagna). It is of two types viz. Sandhi-Bhagna (dislocation) and Kanda- Bhagna (fracture).

Asthi - Bones, including danta - teeth - and Nakha - nails. 360 as per Ayurveda. They form the skeleton of body. According to modern science, bone is composed of calcium and phosphorus making it hard. The surface of bone is covered with periosteum. Periosteum contains a network of blood and nerves. Beneath the periosteum is hard, dense shell of compact or ivory bone. Inside this is cancellous and spongy part.

Asthi - Kshaya - Osteomyelitis, tuberculosis of bones. Abscess of the bone leading to suppuration is called as Asthi-Kshaya. In the initial stage the resultant pus may not get an outlet and the patient feels intense heat. Affected part appears to be burning in the fire, and it may give considerable distress. If the pus gets an outlet due to the decay of the tissues or through surgical intervention, a slimy, fatty, white, and cold discharge oozes out of the affected part.

Asthi- samaharaka - The plant *Vitis quadrangularis* Wall. Useful in treatment of such diseases as Asthi Bhanga.

Asthi sandhi - Bony joints, 210 in number as per the Ayurveda.

Asthi sanghata - Confluence of bones - 14 in number as per the Ayurveda.

Asthi Vanvidardhi - Osteomyelitis abscess.

Asthi-bheda - Fragility.

Asthimajja - Bone marrow. It may be red or yellow. Red bone marrow is blood-producing tissue present in all bones. During teens, it is gradually replaced in some bones by less active yellow marrow. In the adult, red marrow is confined chiefly to spine, sternum, and ribs clavicle, scapulae and skull bones.

According to modern science, red bone marrow produces red blood cells. The blood cells go through various stages of maturation in red bone marrow before being relieved in circulation. Yellow marrow produces the white cells but is composed mainly of

fat and connective tissue. In aplastic anemia marrow fails to produce normal amount of blood cells. It may overproduce certain blood cells in polycythaemia and leukaemia.

Asthisamghati (Hadajoda) - *Cissus quadrangularis*. All parts of the plant are used.

Asyavipaka - Stomatitis.

Ataktyabhinivesha - Psychic epilepsy.

Atasi - Linseed.

Atavadana - Atimukha shastra - Hawk-bill scissors.

Ati - A kind of heron. (One of the species of fauna mentioned in the Ayurvedic texts.)

Atibala - *Abutilon Indicum*. The term literally meaning 'very powerful'. This is in reference to the great medical efficacy of the plant. A country mallow. Roots, leaves and seeds of this plant are used.

Atichchhatra - The term literally meaning 'excessively umbrella like' i.e. having an inflorescence that is a compound umbel.

Atidagdha - The burn which

causes much injury leading to slough and destruction of vein, nerve and bone is called **Atidagdha**. In this type of burn complication like fever, burning sensation, thirst and unconsciousness may develop and the wounds may leave big scars. Burn caused by fire.

Atiguha - The plant *Hemionites cordifolia*.

Atikeshar - The plant *Trapa Bispinosa*.

Atimita - Not moistened.

Atisara - Acute diarrhea (also see *Raktatisara*, *Jvaratisara*). **Atisara** is a disease in which the patient passes liquid motions frequently. From the treatment point, **Atisara** is classified into two groups viz. *Aamatisars* and *Pakvatisara*. If the patient of diarrhea passes pichchila (slimy) faeces with foul smell that sinks in water, then it is known as *Aamatisara*.

If the patient in question feels lightness in the body and his faeces does not sink down in water, this condition is noted as *Pakvatisara*. Acute diarrhea develops time to time due to contaminated food or water.

Such episode clears within 2 to 3 days even without treatment, only from fluid balance. On the other hand, chronic diarrhea is due to some diseases and requires treatment and investigations as such.

In normal person it is colon that absorbs water from food residues and makes contents semisolid. But if intestinal contents anyhow pass too quickly from it, it may result in diarrhea.

Atisthula - One having excessive obesity.

Ativisha (Atisha) - Indian Atees, Aconitum

Hetrophylum. The term literally meaning 'excessively poisonous'; also, 'countering poison'. Roots of this plant are used in preparations.

Atiyava - The term literally meaning 'beyond Yava' i.e. a sort of Yava or barley, an inferior variety of Yava like grains, smaller. Also called Yavaka.

Audaka-mamsa - Flesh of aquatic animals.

Audambara - The plant Syconium.

Aushadha chikitsa - Kind of medicinal therapies involving herbs and drugs.

Avagaha - Immersing the body in warm liquid; a tub-bath.

Avagahana - A cold bath.

Avakpushpi - The term literally meaning 'flower turned backwards'; a case of a very apt description of the habit of these flowers that point downwards on their axis very characteristically.

Avaleha - Confection. Avaleha or Lehyam (Linctus) is a preparation of semisolid consistency prepared with the medium of sugar or jaggery and water or any other liquid like milk etc. on a slow fire. It is also called Prasha or Lehya. A **Kvatha Svarasa** (decoction of the juice of herbs) concentrated with frequent stirring in a tinned vessel at low heat yields an Avaleha. A properly prepared Avaleha can be lifted in a spoon like treacle. When cooled after cooking and taken in between the fingers it does not stick to the fingers, but the fingers leave impression on it. Avaleha can also be prepared

by the following method. Take one part of sugar or jaggery and four parts of water. Boil it on low fire with constant stirring till it attains the consistency of the syrup. Adding a little quantity of milk may clarify the dirt on it. Take it off from the flame, add powdered drug into it gradually to make the same a semisolid consistency. If honey is to be added, it should be added at this stage.

Avaluka - A kind of fish. (One of the species of fauna mentioned in the Ayurvedic texts.)

Avamath - To cleanse a wound by pricking or stirring with an instrument.

Avangamukha - Face presentation (delivery-related terminology).

Avartaki - Tanners cassia, *Cassia Auriculata*. Bark, flower, seeds used in various medicines.

Avasada - A feeling of hopelessness. Everyone at least once in life develop such feelings in specific circumstance when near and dear one dies. But certain people without suffi-

cient stimuli develop such sadness. Symptoms vary with severity of disease. In mild form anxiety and variable moods are presenting features. Person may laugh or have fits of crying off and on without any cause. Person becomes withdrawn and unable to sleep. Movements and thinking process become slower. Early morning he is more depressed and as sun arises, feels better. Causative factors may not be obvious; women suffer more than men. Psychotherapy, antidepressant types of drugs are effective in over two- third of patients.

Avasadana - A drug that causes depression in the body and mind.

Avatuka Granthi - Thyroid Gland.

Avi - Sheep. (One of the species of fauna mentioned in the Ayurvedic texts.)

Avi karisa - Dung of sheep.

Avi paya - Milk of sheep.

Avimutra - Sheep's urine.

Avkusha - A kind of aquatic animal. (One of the species of

fauna mentioned in the Ayurvedic texts.)

Avrana Shukla - Adherent leucoma. Due to Abhishyanda (conjunctivitis) or ulcer, a whitish spot of varying thickness appears in the cornea. Due to which the vision of the patient is impaired and he sees things cloudy and has the burning sensation. This condition is known as Avrana Shukla.

Ayana - (A unit of time) One-semester/six months.

Ayapana - Eupatorium triplinerve. All parts of plant are medicinally useful.

Ayas - Iron (One of the minerals mentioned in the Ayurvedic texts).

Ayaskant - Magnet.

Ayoraja - Iron-dust.

Ayurveda - Literally 'Science of Life'. The earliest reference to this term appears in the *Ayodhya* Book of *Ramayana* that is one of the oldest portions of the scripture. The occurrence of the term Ayurveda i.e. the 'science of life' in some old versions of this

epic, in *Mahabharata* and in the *Arthashastra* also vindicates that physicians of the later half of the first millennium BC India were no longer confined to the cure of diseases but were exploring a complete science of health and medicine. The terminology 'Ayurveda' itself exhibits a confidence to compare the discipline to none but the *Vedas*, reportedly the greatest erudition of the period.

The traditional eight branches of the Ayurveda were known to *Mahabharata*, which records the earliest references to such classification. The classic Ayurvedic texts divide the specialties of Ayurveda under eight divisions. Though their names vary in different texts, implication-wise these divisions are more or less coherent. They include the following:

1. Internal medicine (*Kayachikitsa*)
2. Paediatrics (*Kaumarabhritya/balachikitsa*)
3. Psychological medicine (*Grahachikitsa/bhutavidya*)
4. Minor surgery (*Shalakya-tantra*)

5. Surgery (*Shalya-tantra*)
6. Toxicology (*Agada-tantra*)
7. Geriatrics (*Rasayana-tantra*)
8. Science of aphrodisiacs (*Vajikarana*)



Babbula - The plant *Acacia Arabica*. Barks, leaves, fruits and gum of the tree are useful in treatment of such diseases as *Upadamsha*.

Babhru - A kind of ichneumon. (One of the species of fauna mentioned in the Ayurvedic texts.)

Babhru loma - Body hair of a kind of ichneumon.

Babui-Tulasi, Surasa - *Ocimum basilacum* - All parts of plant, leaves used.

Bada - Lympho- granuloma.

Badama - *Prunus Amegelalus*.

Seeds stuff and seed's oil of this plant species are used.

Badara - Berry. Jujube (ber) *Zizyphus jujuba*. Fruits, bark of this plant are useful in treatment of such diseases as *Kasa* (Jirna), *Svarabheda*, *Chhardi*, *Netraroga* (*Anjananamika*), *Pradara* (*Rakta*), and *Daha*.

Badara = 4 gms. approximately. (A unit of measurement.)

Badarashma - Jade.

Badharya - Deafness. Vitiated *vayu* by involving the *shabda-vaha-srotas*, causes deafness or loss of hearing. This indisposition is known as *Badharya*.

Badisa-shastra - Probe with sharp point.

Badish - Hooks.

Badra Majja - Jujube seed decorticated.

Bahu - Arm.

Bahya - External.

Bahya-Krimighna - Insecticide.

Bajikarana - Aphrodisiac.

Baka - A kind of crane. (One

of the species of fauna mentioned in the Ayurvedic texts.)

Bakuchi - Pimple fleabane, *Psoralea corylifolia*. Seeds, and oil of this plant are used.

Bakula - A kind of tree, *Mimusops Elenği*. Its flowers are used in treatment of such diseases as *Drishti Daurbalaya*, *Dantaharsha*.

Bala - Country mallow, *Sida Cordifolia*. The term literally meaning 'strength'; 'powerful' in reference to its medical efficacy. All parts of parts, roots, seeds of this plant are useful in treatment of such diseases as *Bala Pakshaghata*/
Bala Shosa.

Bala Jvara - Infantile fever.

Bala Roga - Disease of infants and children.

Bala yakrit - Enlargement of liver and spleen, infantile type.

Balak - Valerian, *Balanites Roxburghu*. Bark, fruit, seed and oil of the plant are used.

Balaka - A kind of crane/heron. (One of the species of fauna mentioned in the Ayurvedic texts.)

Balaka - Synonym of *Netrabala*.

Balatisara - Infantile diarrhea.

Baluka - Sand.

Baluka Puta - A process of preparing medicines. To perform a *Baluka Puta* one should place the *Musha* (the herb pot) in the centre of a strong vessel that is filled with hot sand. Allow it to cool, collect the medicine and powder it.

Baluka Yantra - A sand bath.

Balya - Tonic.

Bandha - Different kinds of bandages.

Bandhana - Binding.

Bandhujiva - The plant *Pentapetes phoenicea* Linn.

Bansalochana - Bamboo Manna.

Barhina - Peacock. (One of the species of fauna mentioned in the Ayurvedic texts.)

Bark, wood, leaves and turpentine of this tree are used in medicinal preparations.

Basta - He goat. (One of the

species of fauna mentioned in the Ayurvedic texts.)

Basta Bala - Body - hair of he goat.

Basta Karisha - Pellets of he goat.

Basta Loma - Body - hair of he goat.

Basta Mutra - Urine of he goat.

Basti - Enema Therapy. The medicine given through enema is called Basti. It is the best treatment for the elimination of morbid Vata. This therapy may also be used for the promotion of the health as it provides happiness, long life, strength, digestive power, intelligence, voice and colour.

It is free from risks; hence it can be administered at all ages. It draws out unwanted faeces, mucus, bile, flatus and urine, imparts firmness, enriches semen and gives body strength. Basti is two types viz. Niruha Basti and Anuvasna Basti.

The Basti in which the preparation containing fat is given is called Anuvasna Basti. The one in which only decoc-

tion of the drug is used is known as Niruha (Asthapana) Basti. It is the introduction of fluid into rectum either to empty lower bowel or to introduce a medicinal substance for its general or local effect or for diagnostic purpose.

For emptying purpose, soap solution enema is given. Cold enema is given to reduce temperature. Sedative enema is given to quieten a patient while starch or opium enema is used for soothing of irritated mucus of colon. Carminative enema is employed to relieve gaseous distension.

Basti vidhi Virechana - Enema therapy of the following two kinds: 1. Guda Basti - rectal enema 2. Uttara Basti.

Basti Yantra - Enema bag and nozzle.

Bhadra Mustaka - The plant *Cyperus scariosus* R Br.

Bhaga - Anorectal vaginal region, vulva.

Bhaga Shoth - Vulvitis.

Bhagandara - Fistula in ano; Aral Fistula. Appearance of a deep-rooted boil without any

opening within the two fingers around the anus with pain and fever is known as Bhagandara-Pidaka (anorectal abscess).

When this anorectal abscess breaks through the perineum, anus or bladder and have an opening then it is called Bhagandara (Fistula-in-ano). Itching, pain in the waist, burning sensation and inflammation near the anus are the symptoms and signs which patient manifests before the appearing of Bhagandara. After forming Bhagandara intense pain, oozing of reddish frothy discharge from the channels occur as the main signs and symptoms.

Bhagandara yantra - Rectal speculum.

Bhajana = 2.048 Kgs. approximately. (A unit of measurement.)

Bhakta - Grains cooked in water.

Bhallataka - Marking nut.

Bhanda Puta - A process of preparing medicines. Musha (the herb pot) fired by placing in the centre of a bigger vessel that is filled with husks of

paddy is known as Bhanda Puta.

Bhanga - Breaking.

Bhanga - Indian hemp, cannabis. Leaves of this plant are used in various preparations.

Bhanjaru - Any tree by the side of a temple.

Bhanupaka - A process of preparing medicines. Sun-cooking, usually involving three to seven days.

Bhara = 64 Kgs. approximately. (A unit of measurement.)

Bharadvaji - She skylark. (One of the species of fauna mentioned in the Ayurvedic texts.)

Bharangi - Clerodendrum Sirratum. Leaves and roots of this plant are used in various medicines.

Bhasa - A bird of prey. (One of the species of fauna mentioned in the Ayurvedic texts.)

Bhasi - A kind of she prey-bird. (One of the species of fauna mentioned in the Ayurvedic texts.)

Bhasma - Oxydum. Bhasma is a preparation in which metals,

non-metals, and animal's hard parts like bone etc. and wood or plants are burnt to ashes or powder.

There are many devices described for this kind of Bhasma preparations in Ayurvedic texts. Following are the characteristics of the preferred Bhasmas fit for human use.

Varitara - The Bhasma that floats on water on slow sprinkling and coalesce to a type of flotilla on which even a grain can be floated is known as Varitara.

Rekhapurnata - The Bhasma should be so fine so as to embed furrows of skin of the finger, making the finger-prints.

Nischandra - The Bhasma should not exhibit the luster of original metal.

Apunarbhava - The Bhasma on trituration with Guda, Gunja, Tankana, honey, ghee and subjected to Samputa should not restore to its original condition. (See below)

Bhasma and Marana Process - The minerals should not be used before the process known as Shodhana removes its

impurities. Thereafter, the drug is subjected to the Marana process by which it is reduced to such a state in which they can be absorbed in the body. Thus powdered drug is known as Bhasma. (See above)

Bhasma meha - Phosphaturia.

Bhasmaka roga - Bulimia.

Bhavana - When a solid drug is grinded continuously by adding liquid till it becomes dry, this process is known as Bhavana. To the Dravya, Churna, etc. to be subjected to a Bhavana, one should add the juice or decoction or Shitakashaya of the desired drug to make it wet enough to be triturated in a pastel and mortar. Each such operation of wetting lasting for twenty-four hours makes a Bhavana.

Bhaya - Fear.

Bhedana - Breaking; Drastic purgative. (See below)

Bhedana - Process of a kind of minor surgery. Incision. It should be made with a firm pressure upon a sharp scalpel through the skin. Scalpel

should be used as pen and not as a plough and soft tissues should be cut at right angles to the surface of underlying bone if any. (See above)

Bhedana-karma - Scraping.

Bhedaneeya - Purgatives.

Bholantika - A kind of she-bird. (One of the species of fauna mentioned in the Ayurvedic texts.)

Bhrama - Giddiness. Bhrama is a condition in which the patient has a sensation of unsteadiness with a feeling of movement within the head.

Bhranshahastaskandhodaya - Transverse presentation with prolapsed hand (delivery-related terminology).

Bhranti - It is sensation of spinning either of oneself or of surrounding. There may be nausea, vomiting, sweating or fainting. Tiredness, stress, fever, anemia may cause it.

Bhrastha - Fried.

Bhringaraja 1 - Fork tailed shrike. (One of the species of fauna mentioned in the Ayurvedic texts.)

Bhringaraja 2 - Wedalia calendulace - All parts of plant useful in treatment of such diseases as Amla Pitta, Parinama Shula, Atisara, Kasa, Palitya, Shvitra, etc.

Bhruna - The fetus in its earlier stages of development, especially before the end of the second month. The product of conception in uterus from the third through the fifth week of gestation; after that length of time it is called the fetus.

Bhudhara Puta - A process of preparing drugs. To apply a Bhudhara Puta one should dig a pit of suitable size. Fill it with 2.5-cm. deep layer of sand. Keep the pot of herb (Musha) on it and place 2.5-cm. thick layers around the Musha. Fire the same with cow dung; allow cooling and prepare the medicine as described in Mahaputa.

Bhumyalaki - Phyllanthus nureri or Urindia. All parts of plant used in various diseases.

Bhurja - Birch.

Bhutakeshara - The herb Trigonella Foenum graecum.

Bhutavidya - Psychological Medicine, one of the eight branches of Ayurveda. Also known as Grahachikitsa.

Bhutkesha - *Corydalis Goveniana*, *Nardostanchys jatamansi*, White Basil.

Bid - A kind of salt.

Bidala - Cat.

Bidalapada - (A unit of weight measurement) approx. 10 gms.

Bidalapadaka = 8 gms approximately. (A unit of measurement.)

Bijaka - Synonym of *Asana*. *Pterocarpus marsupium* Roxb *Terminelia tomentosa*. Bark and wood of this plant are used.

Bijapura - The term literally meaning 'full of seeds' i.e. lemon. *Citrus medica* Lin. A particular variety called *bijaura* cognate to *bijapura nimbu*.

Bijapuraka - Lemon.

Bijapurna - Lemon.

Bilva = 32 gms approximately. (A unit of measurement.)

Bilva 1 - Literally from the verb root 'bil', 'bel' 'to spilt'. This is

in reference to the tripartite leaf of the tree. The Aegle marmelos. Root, Bark, leaves, fruits of this tree are useful in treatment of such diseases as *Atisara* (Rakta), *Pravahika*, *Arsha* (Sravi), *Prameha*, *Balatisara*, and *Sutikajvara*.

Bimbi (*Kunduru*) - *Coccinia Indica*. Leaves, roots and fruits of this plant are used.

Bimbimrittika - Soil of an anthill.

Brahma Arbuda - *Anthrágus* (in the ear).

Brahmi (*Mandukaparni*) - Indian pennywort, *Hydrocotyle Asiatica*. All parts of plant useful in treatment of such diseases as *Apasmara*, *Unmada*, *Dhatukshaya*, etc.

Brataka - Swan.

Brhatyadi Gana - Group of herbs including *Brihati*, *Kantakari*, *Kutajaphala* (*Indrayava*), *Patha*, and *Yashti*.

Bridhadaru (*Bidhara*) - *Argyria speciosa*. Root, stem and seeds of this plant are used in various formulas.

Brihad Ela - Bigger cardamom.

Brihana - Restorative of body elements. The treatment that increases the Dhatu is called Brihana Chikitsa. It is indicated in cases of weakness and diseases causing debility.

Brihaneeya - Roborants or a weight-promoting drug.

Brihat Pancha Mula - Group of five (*pancha*) herbs including the Bilva (bael fruit), Arni (*Premna Interifolia*), Shyonaka (*Oroxylum Indicum*), Patala (*Stereospermum Suaveolens*), and Gambhari (*Gmelina Arborea*).

Brihati - *Solanum Indicum* - Root and fruits of this plant are used in various formulas.

Brihati - The term literally meaning 'the big'. This is in reference to the size of the fruit *Solanum indicum*. Linn.

Brijaka - Indian Kino tree.

Budbud Chidra - *Archistome*.

Buddhi - Intellect.

Burda - Bulb.



Chakora - Indian red legged partridge. (One of the species of fauna mentioned in the Ayurvedic texts.)

Chakora Mamsa - Flesh of Chakora.

Chakramarda - *Cassia Tora*. Leaves and seeds, root useful in treatment of such diseases as Dadru, Pothaki.

Chalana - Moving, shaking.

Chamara - A kind of ox called yak. (One of the species of fauna mentioned in the Ayurvedic texts.)

Champaka - The plant *Michelia champaca* Linn.

Champakunda - A kind of fish. (One of the species of fauna mentioned in the Ayurvedic texts.)

Chanaka - Gram. Literally

from the verb root the root *chan*, 'to make sound', *Cicer arietinum* Linn.

Chancha - A measurement of space equaling the width of the five fingers combined.

Chanchuki - Beaker.

Chandana - The term literally meaning 'to *chand*', i. e. to shine, gladden, to appear as lustrous, pleasing, a well-known name of the sandal-wood. *Santalum Album*. Wood and oil of this plant are used for medicinal purposes.

Chandra Puta - A pharmaceuticals process. In this the drug (*Dhatu*, *Upadhatu*, *Ratna*, *Upratna*) is contused in prescribed medium (*Kvatha*, *Svarasa*, *Arka*, etc.) in moon-light till pellet is dried.

Chandrakanta - Moonstone (one of the minerals mentioned in the Ayurvedic texts).

Chandrasura - *Vitis quadrangularis* Wall ochre, *Lepidium sativum* Linn. A medicinal herb.

Chandravalli - The term literally meaning 'a moon creeper'. Synonym of

Somavalli which some identify as *Guduchi*.

Chandrika 1 - A kind of drug. Mix powered drugs sieved through muslin in enough of water, *Svarasa*, *Kvatha*, *Madhu*, *Guda* or *Guggulu* to make the same into a paste. Then prepare the *Vati* (pills), *Modaka*, and *Pinda* etc. by hand. The *Chandrika* type of drugs are generally produced in shape of *Vati* i.e. a tablet.

Chandrika 2 - The *Chandra* fish. (One of the species of fauna mentioned in the Ayurvedic texts.)

Changeri - *Wood Sorrel*, *Rumex dentatus* Linn. Literally from the verb root *Chang* - 'whiteness or beauty of the teeth'. This is in the reference to the use of this typically sour plant in cleansing the teeth to a bright whiteness. *Oxalis corniculata* Linn and *O. acetosella* Linn.

Changeri ghrita - *Changeri ghrita* is a medicated ghee of the plant *Changeri*.

Charaka - An eminent ancient authority of Ayurveda. *Charakas* as wandering seers

or students are mentioned in the early texts such as the *Shatapatha Brahmana*, *Ashtadhyayi* of Panini or in later *Puranas*.

But as is the case with the Greek Hippocratic text, one does not know for certain how many authors with similar names were engaged in the composition of the *Charaka Samhita*, the greatest ancient work of Ayurveda. Nevertheless, the name of the treatise overwhelmingly demonstrates that among the host of imitators, there was, indeed, one outstanding theorist, one genius who selected, refined and embellished the material gained from the countless sources available and bound them together to produce the masterpiece of ancient Indian medicine.

This Charaka, perhaps known to ancient Europe as Xarcha is also identified as Tehe-lo-Kia appearing in the Chinese translation of the *Tripitakas* as a court-physician of Kanishka at Purushpur (i.e. modern Peshawar). The date of this Kushan monarch is not known for certain. But it

deems sound to follow historian Basham who suggested that one famous Charaka lived in the first century AD.

Charaka Samhita - The most famous text of Ayurveda. During the political, social upheavals throughout Indian history many of the medical writings were evidently lost or destroyed.

The present shape of the Charaka and Sushruta texts demonstrate efforts made to gather and collate the dispersed documents. Small wonder the text of Charaka between 3.8.98 to 3.8.164 and all the twelve chapters of its Indriya Book (i.e. 5th one) are extremely incoherent to the rest of the work. Portions of *Charaka Samhita* appear to date in the pre-Mauryan period. Agnivesha, the original author of most of the text is noted as famous seer in the *Brihadaranyaka Upanishad* datable to 6th century BC.

The places of discourse in medicine as described in the medical work are the familiar seats of Upanishadic conferences such as Panchala and Kampilya. References to

'contemporary republic states' in the text, a prose-style akin to that of the *Brahmanas* of *Vedas* and the fashion to commence its chapters by the words 'thus spoke Lord Atreya', resembling the Upanishadic diction point to the great antiquity of the parts of the *Charaka Samhita*.

The most pioneering effort to restore the work was made by Charaka and Dridhabala. Dridhabala possibly lived in Kashmir in the 4th century AD. The present text of the treatise closes 79 of its chapters with the note 'authored by Agnivesh and edited by Charaka'. Other 41 chapters end with the following addition to this quotation 'lost and restored by Dridhabala'.

The 25th chapter in Chikitsa Book (i.e. the 6th part of the *Charaka Samhita*) ends as follows - 'authored by Agnivesh, edited by Charaka and finalized by Dridhabala.' In this quotation the word '*aprapta*' lost or unavailable, is not found. It indicates that the text of the 79 chapters in the portion is expounded by Agnivesh and redacted by Charaka, while the remaining

41 chapters form the portion expanded by Agnivesh and restored by Dridhabala in the place of the unavailable portions of Charaka's redaction.

The chequered history of this treatise is reflected also through many passages that pertain to the Mauryan or post-Mauryan period. For example, references to the Buddhistic terms *Jataka* or of the famous Bodhi tree itself testify that portions of the present *Charaka Samhita* indeed succeeded the expansion of the religion of the Shakyas Muni. The editing of this text, however, continued further since full swing of the revival of Brahmanical worship of Shunga period is traceable through its passages pertaining to the worship of Pitamaha Vasudeva and that of cow and brahmana.

However, the process of updating the Charaka book seems to have been concluded by the 3rd century AD as it exhibits no clear trace of the Puranic theology. However, the oldest existing manuscript of the *Charaka Samhita* is kept with the Royal Nepalese

Library. It is dated in 303 Nepal Era - that is 1183 AD. On the basis of this manuscript, the first printed edition of the text was brought out in late 19th century by Messers. Debendra Nath Sen and Upendra Nath Sen of Bengal.

Charanayudha - Cock / duck. (One of the species of fauna mentioned in the Ayurvedic texts.)

Charanayudha mamsa - Flesh of Charanayudha.

Charma - Hide.

Charma Roga - Diseases of the skin.

Charmapivara - A kind of fish. (One of the species of fauna mentioned in the Ayurvedic texts.)

Charma-Shushkata - Asteatosis.

Chas jihva - Tongue.

Chasa - Blue jay. (One of the species of fauna mentioned in the Ayurvedic texts.)

Chashaka - A cup or glass.

Chasi - She blue-jay. (One of the species of fauna mentioned in the Ayurvedic texts.)

Chatur Amla - Group of four citrus fruits ('Chatur' meaning 'four'). They include Kola (Jujbe), Dadima (Pomegranate), Vrikshamala or Vishambela or Tindika (Kokam Butter Tree), and Amalvetas (Common Sorrel).

Chatur Bhadraka - Group of four great herbs ('Chatur' meaning 'four'). They include Shunthi (Dried Ginger), Ativisha (Aconitum cordatum), Musta (Cyperus Rotundus) and Guduchi (Tinospora Cardifolia).

Chatur Jata - Group of four ('Chatur') herbs including Nagakesher (Carpus longifolius) + Tvak (Cinnamon bark), + Ela (Lesser Cardamum), and Patra (Cassia).

Chatur Ushna - Group of four ('Chatur') hot herbs including Pippalimula + Pippali (Piper Longum) + Maricha (black Pepper) + Sunthi (Dried ginger).

Chaturjatam - The term literally meaning 'an aggregate of 4 different origins'. This includes Tvak (bark of Cinnamon), Patra aril (i.e. nut mace),

Ela fruit (cardamom), and Nagakesara stamens.

Chatursugandha - Group of four ('*Chatur*') scented herbs including Camphor, Kankola (cubeb), Agaru (calambac), and Lavanga (clove).

Chaturthika = 32 gms approximately. (A unit of measurement.)

Chatushpada - Quadruped.

Chatushpadi - She quadruped.

Chavalmugra - *Gynocardia odorata*. Seeds and oil used.

Chavya - *Piper Chavya*. Root and fruit of this plant are used in various medicinal preparations.

Chelima - A kind of fish. (One of the species of fauna mentioned in the Ayurvedic texts.)

Chhaga - Goat. (One of the species of fauna mentioned in the Ayurvedic texts.)

Chhardi - Vomiting. It may proceed with the symptoms like water-brash, nausea, loss of appetite, salty taste and suppression of eructation. It has been classified into 5 groups viz. Vataja, Pittaja,

Kaphaja, Tridoshaja and Agantuja.

Chhardinirahana - Anti-emetic.

Chhedana - Cutting, incising, splitting. Excision.

Chhedana-Karma - Excision.

Chhidra - Pore.

Chhudra Asthi - Bone let.

Chicharana - A kind of fish. (One of the species of fauna mentioned in the Ayurvedic texts.)

Chida - Pine tree.

China - Banner like cloth.

China-Bandha - Eye bandage.

Chincha - Tamarind, Imali. *Tamarindus indica* Linn. Useful in treatment of such diseases as Kasa, Svarabheda, Bala Roga, Chhardi, Masurika.

Chippa - Onychia. It is the acute inflammation of the nail bed. Suppuration occurs in the nail bed accompanied by burning sensation and pain.

Chirakalika - Chronic.

Chitraka - Leadwort, *Plumbago Zeylanica*. The term

literally meaning 'picturesque'; spotted'. This refers to the intermittent circular holes left on the dried primary root, which is the officinal part of the plant. Roots bark useful in treatment of such diseases as Arsha, Atisara, Grahani Roga, Kustha, Medoroga, and Shlipada.

Choraka - Kind of medicinal herb. The term literally meaning 'a thief'; one which steals i.e. surpasses others in fragrance'. Arrestingly fragrant flower. *Angelica glauca* Edgw.

Chullya - A stove.

Chumchumayanam - Tingling.

Churna - When a drug after due purification is made in the form of powder, it is called Churna. It may be coarse or fine according to requirements. Powder of dry drug obtained through the grinding slap or with pestle and mortar and sieved through muslin. Churna required for dusting or use in delicate parts should be sieved through extra fine muslin.

Churnodaka - Lime Water. To 120 mg. of pure lime, add 60-ml. water in a coloured glass

bottle and stopper the bottle. Shake it at interval of 2-3 hours. Keep bottle properly closed. Decant clean supernant liquid i. e. Churnodaka for use.

Chushana - Suction.

Chushina - Suctoria.

Chyutasandhi - Dislocation.



Dadim - Pomegranate; pomegranate *Punica granatum* - Bark, Fruit, roots useful in treatment of such diseases as Ajirna, Arochaka, Atisara (Rakta), Arsha (Rakta), Upadamsha, Bala Roga (Raktatisara), Raktapitta.

Dadru - Ringworm. Appearance of copper coloured, elevated pimples in a circular or ring form on the skin with itching is known as Dadru.

Dadrughna - Cassia Alata.

Leaves, flower and seeds of this plant are externally used in treatment of different skin diseases.

Daha - Dehydration; burning sensation. Daha is a condition characterized by the feeling of excessive burning sensation in the body. It may be caused by the prolonged use of alcohol, vitiation of Rakta and Pitta, suppression of urge of thirst, bleeding, wasting diseases and trauma of Marma (vital centers of the body). In severe condition patient spurts out tongue, have copper coloured face and eyes, delirium, fainting, unconsciousness and coma. Symptoms of inflammation include redness, swelling, heat and pain.

According to modern sciences, when body tissues are damaged most cells release a chemical called histamine. Histamine increases blood flow to damaged tissue resulting in redness and heat. Capillaries start leaking blood that results in swelling.

The pain or inflammation is the stimulation of nerve endings. This way we notice that inflammation is an

essential part of body's response to injury or infection.

Daha-prashaman - Anti-burning or refrigerants; a drug that cures the burning sensation of the body or which cools the body.

Daitya Raktaka - Steel ore.

Dakodara Yantra - Canula.

Daksha - Cock.

Dama - Belt like.

Damanaka - *Artemisia siversiana* Ehrh. Ex willd. A plant.

Danda - Baton.

Danda Yantra - A churning stick.

Dandanu - *Bacillus*.

Danta - Teeth. Each tooth has two portions, crown and root portions. Crown is covered with enamel while root is covered with cementum. Crown and root join at the cementoename junction. Each tooth has four tissues; enamel, cementum and dentin are hard tissues while pulp is a soft tissue.

The root portion of tooth may be single as found in

anterior teeth and some of premolars. In molars one finds bifurcation or trifurcation dividing the root portion into two or more extensions of roots are found. The root portion of tooth is firmly fixed in the bony process of jaw. The portion of jaw serving support for teeth is called alveolar process. The bone of tooth pocket is called alveolus. Crown portion is never covered by bone tissue once it is fully erupted.

Danta Bhransha - Plaque, dental. In the development of caries oral bacteria colonize the surfaces of teeth in the form of sticky gelatinous film that besides the bacteria contains mucus, desquamated cells and food debris. It is called Danta Bhransha.

Danta Harsha - Sensitive tooth. In this condition the teeth do not tolerate cold, rough and acid substances, and strong wind.

Danta Kshaya - Dental abscess results when bacteria invade pulp. It generally happens in dental caries. In caries, enamel and dentin are destroyed and

pulp is exposed to bacteria. The affected tooth aches and bites become painful. Gum around tooth becomes red and swollen.

Danta Shanku - Tooth scatter.

Danta Shikher - Crown.

Danta Shula - Dentagra.

Dantabheda - Dental schism.

Dantamamsa Vriddhi - Gumboil.

Dantamula - Teeth sockets.

Dantapupputaka - Gumboil.

Dantashaithilya - Loose teeth.

Dantashodhana - Any measure or drug that cleans the tooth is called Dantashodhana (Dentrifrice).

Dantaveshta - Pyorrhea.

Danti - The term literally meaning 'with teeth'. This is in reference to the serrated leaf of the plant. Wild croton, *Baliospermum montanum*.

Dantin - Elephant. (One of the species of fauna mentioned in the Ayurvedic texts.)

Darbh - *Desmostachya bipinnata* Staoff. Literally from

the verb root *drbh*, to tie in bunch'. This is in reference to the bunch like habit of the plant or the bunched up form in which the cut and the trimmed leaves of this very famous and well-known grass were employed.

Daru Haridra - Tree turmeric barberry, *Barberis Asiatica*. Root, stems and fruits used for medicines.

Daruna - Dandruff; it has two forms of presentation, dry and oily. The dry form presents with fine, thin powdery, whitish or grayish, dry or slightly grayish scales, which becomes loose and fall on shoulders. Hairs appear dry and lusterless but they do not fall initially. There is light itching. Hairs may be matted and they may later start falling and may lead to premature baldness.

Darusita - *Cinnamomum*.

Darutikti - The plant *Berberis*.

Deepneeya - Stomachics and digestives.

Deha - Body.

Devadali - *Luffa Echinata* - Fruit used.

Devadaru - Deodar. *Cedrus devadara*. The term literally meaning 'god's tree'.

Dhamani - Artery. Blood vessels that carry blood from the heart. All arteries except pulmonary artery carry blood that has been oxygenated in the lungs. Walls of arteries are elastic and they consist of 3 layers.

Dhamanipratichaya - Dilatation of blood vessels.

Dhamanisandanasha - Artery forceps.

Dhamnidadharya - Arterio sclerosis.

Dhamrnyalika - A kind of bird. (One of the species of fauna mentioned in the Ayurvedic texts.)

Dhanaka = 500 mgs. approximately. (A unit of measurement.)

Dhanu stambha - Tetanus.

Dhanya - Useful in treatment of such diseases as *Amlapitta*, *Svarabheda*, *Balatisara*, *Raktapitta*.

Dhanyaka (Dhania) - Coriander, *Coriandrum sativum*. Leaves and seeds of this plant are useful in treatment of such diseases as Trishna/Daha, Mutra Krichchra, Jvara.

Dhanyamasha = 15 mgs. approximately. (A unit of measurement.)

Dhataki - *Woodfordia fruticosa*. Flowers used.

Dhatri - The term literally meaning 'nursing mother'. This is in reference to medicinal efficacy of the plant. Synonym to Amalaki.

Dhattura - *Datura Stramonium* and *Alba*. Leaves, flower, root, fruit and other parts of the plant are used.

Dhatturin - Daturin.

Dhatu - Body elements, primary/basic tissues. The word 'Dhatu' is derived from the verb 'Dha' which means to hold. The matters that hold the body are termed as Dhatu. In general, it is a term signifying bodily fluid and tissues. Dhatu are of seven types viz. Rasa (nourishing fluid of plasma), Rakta (blood), Mamsa (muscu-

lar tissues), Meda (fatty tissues), Asthi (bone and connective tissues), Majja (bone marrow) and Shukra (vital substance).

There are three type of pathological changes in these Dhatu viz. Kshaya (derease), Vriddhi (increase) and Pradesha (vitiation). The Kshaya of the one and Vriddhi of other may be simultaneous in the same disease and in the same patient. In this condition, the Dhatu increases at one place at the cost of other.

Dhatukshaya - Neurasthenia, impotency. Loss of memory, forgetfulness, dull intellect, lack of confidence, indecisiveness, inability to undertake sexual intercourse to the satisfaction or incapacity to fecundate the female, oedema, eruptions, enlargement of prepuces, burning sensation of the male organ are the signs and symptoms of Dhatukshaya.

Dhatura - Belladonna.

Dhaturasa - Lymph.

Dhava - The plant *Anogeissus latifolia* Wall. Literally from

the verb root *dhav*, 'to run, to flow'. This is in reference to the gum that oozes out from the plant.

Dhuma pana - Inhalation of smoke of drugs. They are of three kinds - 1. *Samana* / *Snigdha* (Palliative, lubricating smoke); 2. *Madhya* - smoke of drugs of medium/moderate strength; 3. *Tikshna* - smoke of drugs of strong action - excitatory - purgative, etc.

Dhuma Yantra - Inhalers or respirators.

Dhumavarti - Medicinal cigar.

Dhumopahat - Asphyxiation.

Dhumrajatu - Asphaltum.

Dhupana - Fumigation. Exposing the diseased part or the whole body to smoke of drugs.

Dhupiyas (*Humad*) - Storax. A kind of naturally scented wood.

Dhustura - *Dhatura* - *Belladonna*.

Dhyamaka - *Verbena*.

Dimba - Ovum. It is a female sex cell and is produced by ovarian follicle. Each ovary

contains thousands of immature ova, only one of which reaches maturation during early menstruation cycle.

Mature released ovum travels down a nearby fallopian tube. Fertilization generally takes place in fallopian tube forming a zygote. Very rarely 2 ova are released to develop in twins. It is an eggshell of reproduction. Each cell measures about 1 mm in diameter.

According to modern sciences, there are about one million immature ova present in each ovary at birth. Out of these only 200 per ovary mature to be released during woman's fertile years. If fertilization occurs the dimba develops into an embryo.

Dimbashaya - Ovary. There is one pair of almond-shaped gland situated on either side of uterus below the opening of fallopian tube. Each ovary is about 30 mm long and 20 mm wide. It produces female sex hormones estrogens and progesterone.

Dimba-vahini - Fallopian tube.

Dipana - Stomachic. A drug that improves the digestive

power and increases the appetite.

Dipani Peya - Appetizing beverage. (One of the food-preparations mentioned in the Ayurvedic texts.)

Dirghapumsaka - A kind of bird. (One of the species of fauna mentioned in the Ayurvedic texts.)

Divandhya - Divandhya is a disease in which the patient sees all objects yellow or is unable to see in the day but can see things well in the night.

Dola Yantra - Drugs tied up in a cloth and boiled out over a fire.

Dosha - The triad of Vata, Pitta, and Kapha. The word Dosha is deprived from the verb 'Dusha' which means to vitiate. They are called so as they vitiate the Dhatus (body elements) and Malas (the excretas). In the normal state of equilibrium they support the body and when vitiated produce the disease. Dosha plays important role in the pathogenesis, diagnosis and treatment of the diseases.

The sages of Ayurveda to

differentiate with living and non-living have evolved the concept of dosha. Though sharira (human body) is made up of pancha mahabhuta, it attains life only when Atma (spirit), Indriya (senses) and Mana (mind) join to it.

Dosha are the biological units of living body that are responsible for all its functions. Each of them is made up of Mahabhuta. Vayu and Akasha Mahabhuta form Vata, Agni Mahabhuta forms Prithvi and Jala Mahabhuta forms Kapha Dosha.

Doshaja diseases - Literally meaning 'produced by dosha'. The Ayurveda classifies diseases under four categories - Agantuka, Doshaja, Manasika, and Svabhavika. Doshaja diseases are those related to disorders of the three basic constituents, namely the Vata, Pitta, and Kapha.

Draksha - Raisin or grape fruit Vitis venifera. Fruits are used.

Dramkshana = 4 gms. approximately. (A unit of measurement.)

Drava - Liquid.

Dravaka - When solid drugs are made into liquid form by process of melting, it is called Dravaka.

Dravana - Fomentation by warm liquids.

Dravanti - The plant *Euphorbia acaulis* Roxb.

Dravi - Borax.

Dravida - A species of bird. (One of the species of fauna mentioned in the Ayurvedic texts.)

Dravya-dagdha - Burn caused by liquid like oil; Scald.

Dridhabija - *Psidium guajava* Linn. Guava fruit. The term literally meaning 'one with strong seeds'. Very useful in cases of constipation.

Drishti Daurbalya - Weak eye sight.

Drishti mandala - Pupil.

Drishti prasadana - Clearing the vision, cleansing.

Drishti-patala - Retina.

Dristhi - Sight.

Drona - 10.24 kg (A unit of weight measurement).

Drona Kamsa = 8.292 Kgs. approximately. (A unit of measurement.)

Dronapushpi - The plant *Leucas cephalotes*. All parts of plant are medicinally used.

Droni = 33 Kgs. approximately. (A unit of measurement.)

Dugadha Pashana - Talc.

Dugdhika - *Euphorbia hirta* or *Mycrophylla*. Stem and other parts of plant are medicinally used.

Durdagdha - The burns in which small or large vesicles appear with surrounding redness, sensation of extreme burning and sucking pain are referred as Durdagdha. In this type of burn, pus may also form.

Durlabha - *Alhagi camelorum*. The term literally meaning 'difficult to hold'. Synonym of Yavasa. All parts of plant are medicinally useful.

Durma - Neurasthenia.

Durva - Doob grass, *Cynodon dactylon* Linn *Fagonia critica* or *Arabica*. All parts of plant

useful in treatment of such diseases as Arsha (Sravi), Raktapitta, etc.

Dushi Visha - Slow cumulative poisoning.

Dushya - In the disease process first Dosha are vitiated which in turn vitiate Dhatu and Mala. As dhatu and Mala get vitiated by Dosha, therefore, they are also named as Dushya. In the normal condition, Dosha, Dhatu, and Mala support the body, but when vitiated produce the disease.

Duti - A small tortoise. (One of the species of fauna mentioned in the Ayurvedic texts.)

Dvidvara - Opening at both ends, a surgical instrument.

Dvija - Teeth.

Dvikola - (A measurement of weight) equal to two fruits of Jujube, approx. 2.0 gm.

Dvipantra Vacha - Smilax china Linn.

Dvipi - Tiger. (One of the species of fauna mentioned in the Ayurvedic texts.)



Eka dvara - One side opening; a surgical instrument.

Ekangaroga - Monoplegia.

Ekashthila - The term literally meaning 'having a single stone like seed kernel'. Synonym to Patha.

Ela - Lesser cardamom. Useful in treatment of such diseases as Chhardi, Hikka, various child diseases, etc.

Eladi Gana - Group of herbs including Ela, Tagara, Kushtha, Mansi, Rohisa, Tvak, Patra, Nagapushpa, Priyangu, Harenuka, Nakhi (two varieties), Chorapushpi, Sriveshtaka, Taja, Granthiparna, Elavaluka, Guggulu, Sarjarasa, Turushka, Kunduru, Agar, Sprikka, Ushira, Devadaru, Keshara, Nagakesara, Kamala Keshara.

Elavaluka - Aloe - Aloe vera Linn. A herb.

Ena - A kind of deer. (One of the species of fauna mentioned in the Ayurvedic texts.)

Eranda - Castor, *Ricinus communis*. Root, leaves, seeds and oil of this small tree are useful in treatment of such diseases as Antarika Vidradhi, Aamvata, Gandamala, Gulma, Medoroga, Vata Vyadhi-Vata Roga-Paksaghata, Krostukashirsha, Sandhigata Vata, Shotha, Shula (Vrikka), Yonikandu.

Eranda-Karkati - Papaya. Fruit used. Very useful in cases of constipation.



Fanta - Hot infusion. In this process the coarsely powdered drug is poured into hot water and meshed by hand. Finally the water is strained and the Fanta is thus obtained.

Fenameha - Pheumaturia.

Fuffus - Lung.

Fufushiya Dhamani - Pulmonary artery.



Gairika - Ochre (one of the minerals mentioned in the Ayurvedic texts).

Gairika, svarna - Ochre, yellow shade.

Gaja - Elephant. (One of the species of fauna mentioned in the Ayurvedic texts.)

Gaja Puta - A pharmaceutical process. Dig a pit having 92cms. length, breadth and depth in the ground. Fill it with dried cow dung cakes and place the Musha (the herb pot) in the centre. Prepare the medicine in the same manner as described in Mahaputa.

Gajapippali - *Scindapsus officinalis* Schott. The herb palmyra.

Gala Roga - Diseases of throat.

Galaganda - Goitere; Bronchocele; tumour on the side of the neck. Appearance of a big or small, defined, glandular swelling which hangs like scrotum in the neck due to enlargement of thyroid gland is known as Galaganda. This painless swelling increases very slowly and does not suppurate. According to modern science, there is an enlargement of thyroid gland that is noticed as swelling of neck. The thyroid gland may enlarge during puberty or after taking birth control tablets. Main cause of goitre is, however, lack of iodine in diet.

Galagolika - A snake like quadruped. (One of the species of fauna mentioned in the Ayurvedic texts.)

Galagraha - Acute swelling inside throat.

Galagranthi - Antiades.

Galapaka - Suppurated inflammation in the throat.

Galashundika - Tonsilitis.

Galaugha - Tumour in throat. Tumour in the Galaugha is a highly inflamed condition of the throat characterized by obstruction to the passage of food and water, high fever and difficulty in breathing.

Galayu - Tonsillitis. In the throat there is a small, round, mass of tissue known as tonsil. Its inflammation is known as Galayu (tonsillitis). Pain in the throat and difficulty in deglutition are the main symptoms.

Gambhari - *Gmelina arborea* Linn. The plant civet.

Gana - A group of medicines.

Ganda - Checks-zygomatic.

Gandamala - Scrofula, Chronic. Lymphadenitis. Gandamala is a disease in which numerous glands of the size of jujube appear in axilla backsides of neck and groin, which suppurate slowly. The chronic stage of this disease is termed as Apachi in which pus discharge occurs from the glands.

Gandamalaka - An aquatic bird. (One of the species of

fauna mentioned in the Ayurvedic texts.)

Gandha Trina - Verbena.

Gandhaka - Sulphur.

Gandhakashma - Brimstone.

Gandhamarjaravirya - The plant Civet.

Gandhapashana - Sulphur.

Gandusa - Holding liquids in the mouth without allowing for its movement inside.

Gangeruki - Greuria papulifolia. Leaves and roots used.

Garbha - Uterus.

Garbha Ghatini - Embryo killer, producing abortion, the poisonous plant Methonica superba.

Garbha Nadi - The umbilical cord.

Garbha shrava - Abortion, miscarriage.

Garbhakshepa - Eclampsia.

Garbhanasha - Miscarriage, it is loss of fetus before 22nd week of pregnancy or before viability to survive outside the uterus without artificial

support. About 10 to 20 per cent pregnancies end in miscarriage. It may be as a result of chromosomal abnormalities or major developmental defects. Severe maternal illness or exposure to toxin may result it. According to modern sciences, inadequate secretion of progesterone or autoimmune disorder may also be responsible.

Symptoms of miscarriage are cramping and or bleeding. Spotting and severe pain can be symptoms of threatened miscarriage. Symptoms of pain in pelvis and back, uterine discharge, nervousness of the pregnant women from the first month onward should be treated to avoid case of Grabhanasha.

Garbhapata - Abortion. Therapeutic abortion is carried out to save life or health of mother and child. Premature expulsion of the foetus after four months of pregnancy is known Garbha Pata.

Garbha-shanku - Blunt hook and crotchet.

Garbhashaya - Womb.

Girija - Brtanun.

Glanthika jvara - Plague.

Gocharna - A measure of land, approximately 300x10 feet.

Godanti - Gypsum.

Godha - Iguana. (One of the species of fauna mentioned in the Ayurvedic texts.)

Godhika - Lizard.

Godhuma - Wheat.

Gofana bandhana - Sling bandage.

Goghrita - The cow's ghrita.

Gojihva - Eliphantopus Scaber. **Onosoma bractatum**. All parts of plant are medicinally used.

Gokara - A kind of fish. (One of the species of fauna mentioned in the Ayurvedic texts.)

Gokarna - Mule. (One of the species of fauna mentioned in the Ayurvedic texts.)

Gokshura - Small caltrops, **Tribulus terrestris**. The term literally meaning 'cow scratchier'. This is in reference to its spinascent fruit that stick to the grazing cows. Fruit and all parts of the plant are useful

in treatment of such diseases as Ashmari, Dhatukshaya, Mutra Krichchra, Mutraghata, Raktapitta.

Golangula - A low tailed black monkey. (One of the species of fauna mentioned in the Ayurvedic texts.)

Gomakshika - Gadfly.

Gomatsya - A kind of river fish. (One of the species of fauna mentioned in the Ayurvedic texts.)

Gomaya - Cow dung.

Gomedā - Zircon.

Gomutra - Cow's urine.

Gorakhamundi - *Speranthus Indicus*. All parts of plant are medicinally used.

Gorava - Cow dung.

Gorava Puta - A pharmaceutical process. Musha (the herb pot) fried by placing in the centre of a bigger vessel that is filled with cow dung dust (Gorava) is known as Gorava Puta.

Gorochana - Pineal body of cow, gallstone of cow.

Gosphana - Like cows head, with two upwards elevations.

Gotubha - An aquatic bird. (One of the species of fauna mentioned in the Ayurvedic texts.)

Grahachikitsa - Psychological Medicine, one of the eight branches of Ayurveda. Also known as Bhutavidya.

Grahana - Catching. Holding.

Grahanidosha - Diarrhea.

Grahani-Roga - Grahani is a disease in which patient is unable to digest his food properly and passes it out frequently through motions in the undigested or digested form with foul smell. In this condition, the patient passes sometimes loose and sometimes formed motions. Other symptoms include flatulence, loss of weight and energy, indigestion, depression, chaffing of skin, dryness of throat and mouth, thirst, ringing in the ear, and aversion to sexual intercourse.

Grahi - A drug that solidifies the liquid stools.

Granthi - Gland.

Grasika - Esophagus.

Grdhiri - She-vulture. (One of the species of fauna mentioned in the Ayurvedic texts.)

Gridhra - Vulture. (One of the species of fauna mentioned in the Ayurvedic texts.)

Gridhrasi - Sciatica. The pain that starts from lower back and runs through anterior surface of thigh, medial aspect of the lower leg and medial side of foot is called Gridhrasi.

Grivasthi - Neckbone.

Guda 1 - 1. Jaggery. 2. Jaggery based drug preparation. [Mix powdered drugs sieved through muslin in enough of water, Svarasa, Kvatha, Madhu, Guda or Guggulu to make it a paste. Thereafter the paste is used to make Vati (pills), Modaka, Pinda, etc. by hand.]

Guda 2 - Anal.

Guda Bhramsha - Prolapsus ani.

Guda chira - Anal fissure.

Guda Nalika - Anal canal.

Guda stambha - Anal column.

Gudabhramsha - Prolapsed anus.

Guda-chara - Anal fissure.

Gudamara - The plant *Gymnema sylvestra*. A herbal species. Its leaves, roots and seeds have been noted as an effective medicine against diabetes.

Gudamarg - Anal canal.

Gudapaka - Proctitis of the anus.

Guda-vidradhi - Rectal abscess.

Guduchi - The plant *Tinospora Cordifolia*. Useful in treatment of such diseases as Kamala, Kustha, Jvara/Rajayaksma, Trishna, Prameha, Vata Rakta, Vrikka Roga, Pradara (Rakta).

Guduchyadi Gana - Group of herbs including Guduchi, Nimba, Kustumburu (Dhanyaka), Chandana, Padmaka.

Guggulu 1 - *Bdellium* or the exudation of *Amyris Agallochum* (A fragrant gum resin, used as a perfume and medicament).

Guggulu 2 - The preparation that consist of Guggulu is also called Guggulu.

Gulma - Swelling or abdominal tumour. Gulma is a condition in which a round, motile or non-motile swelling like a gland appears in the abdomen. It changes its size from time to time. Loss of appetite, difficulty in passing stool, urine and flatus, rumbling noise in the intestine, distension of abdomen and excessive eructation are the general signs and symptoms of Gulma.

Gunja = 125 mgs. approximately. (A unit of measurement.)

Gunja = 3 Yava = 10.2 milligram/ml. (A unit of measurement)

Gurucha - *Phaseolus Trilobus* Ait. A medicinal plant.

Gutika - Gutikas are pills or tablets made out of various drugs. The drugs are separately powdered and the requisite quantity taken and mixed. Mix powdered drugs sieved through muslin in enough of water, Svarasa, Kvatha, Madhu, Guda or Guggulu to make it into a paste. Then prepare the gutika. Also known as Vati, Modaka, Pinda, etc.



Hamsa - Swan. (One of the species of fauna mentioned in the Ayurvedic texts.)

Hanu - Jaw.

Hanu - Lower jaw - mandible.

Hanu-stambha - Lock-jaw.

Hanvasthi - Mandible.

Hapusha - *Junniperus communis* Linn. A herbal plant.

Harasingara - *Nyctanthes arbortristis* Linn.

Haridra - The term literally meaning 'giving yellow'. Turmeric. Useful in treatment of such diseases as Karnapaka, Kushtha, Arunsika, Dadru, Prameha, Balaroga, Masurika, and Shlipada.

Haridradi Gana - Group of herbs including Haridra, Daru haridra, Kalasi (Prishniparni), Kutajabija, Madhuka, (Madhuyashti).

Haridrameha -
Haemoglobinuria.

Harita - Haritala pigeon. (One of the species of fauna mentioned in the Ayurvedic texts.)

Haritaki - The term literally meaning 'greenish yellow'.

This is in reference to the colour of the mature fruit, which is the officinal part of the plant. One of the famous three herbs, i. e. the Triphala (other two drugs include Amalaka and Vibhitaka). *Terminalia Chebula* Retz. Useful in treatment of such diseases as Agnimandya, Ajirna, Arsha (Sravi), Anaha, Chhardi, Panduroga.

Haritala - Orpiment (one of the minerals mentioned in the Ayurvedic texts).

Haryatu - Barium. (One of the minerals mentioned in the Ayurvedic texts).

Hasta 1 - (Units of linear measurements) cubit - 18 inches/38 cms.

Hasta 2 - Hand.

Hasta anguli - Phallenges.

Hasta Kurcha - Metacarpals.

Hasta tala - Carpals.

Hasti - Elephant. (One of the species of fauna mentioned in the Ayurvedic texts.)

Haya - bala - Hair of horse.

Hema = 10 gms. approximately. (A unit of measurement.)

Hema = 10 Ratti = 101.6 miligram/ml.

Hemasara - Copper Sulphate.

Hikka - Hiccough. This is a state of intermittent spasm of diaphragm accompanied by sudden closure of glottis. It may be caused by stimulation of sensory nerve endings.

Hima - Cold infusion. In this process, the powdered drug or drugs are kept into cold-water pot for overnight. To obtain a Hima, place cleaned and washed drug in Yavakuta (cut to small pieces) form, in an earthen glass or porcelain vessel. Add six times its weight of water into the pot; allow the drug to macerate overnight. Next morning crush the pulp with fingers and strain it through washed muslin, use the liquid as Hima. It is also called Shita Kashaya.

Hingu - Asfoetida (Ferula narthex). Niryasa (Gum) of the plant is used in treatment of such diseases as Kamala, Dantaroga, Krimidanta, Bala roga, Udara Shula, Shula-Amaja, and Pittasmarijanya.

Hingula - Cinnabar; Vermilion-Red sulphide of mercury.

Hiraka - Diamond (one of the minerals mentioned in the Ayurvedic texts).

Hirnya - Gold (one of the minerals mentioned in the Ayurvedic texts).

Hridaya - Heart. It is an efficient muscular pump. In one minute it contracts about 70 to 80 times and in an average life span more than 2.2 billion times. As defined by the modern science, a thick septum divides the cavity into right and left half. Each half consists of upper chambers-atrium and larger lower chamber - ventricle. Two sides of heart have distinct functions.

The right side receives deoxygenated blood through large vena cava. Blood arrives at right atrium and goes to right ventricle. From here it is

pumped to lungs via pulmonary artery to be oxygenated. In lungs it loses carbon dioxide. Pulmonary veins drain pure blood to left atrium. From there it goes to left ventricle to be pushed to body.

The term is originated to the verb root 'Hri' + 'to draw'. Since this term appears in the Rigveda also, it may be construed that Indians knew the basic function of heart as early as 4,000 years ago.

Hriddrava - Tachycardia.

Hridroga - Diseases of heart.

Hrinmoha - Cardiac irregularity or heart block.

Humad - Agallochum.



Ikshavaku - Bitter gourd. Used for medicinal purpose.

Ikshu - Sugarcane.

Ikshumeha - Glycosuria.

Ikshupaka - Molasses.

Ikshuvalikarasameha - Glycosuria. In it hemoglobin level falls below normal. According to the modern science, hemoglobin molecules are carried inside red blood cells (RBC) and function to carry oxygen from lungs to tissues.

It is maintained by strict balance between RBC production in bone marrow and RBC destruction in spleen. Normal blood hemoglobin is 14 to 16 gm/100 ml in male and 12 to 14 gm/100 ml in females. Concentration below 10 gm causes headache, tiredness and lethargy. Below 8 gm/100 ml may cause difficulty in breathing and palpitation.

Ilya - Iitisa or Hilsa fish. (One of the species of fauna mentioned in the Ayurvedic texts.)

Inchaka - A shrimp or prawn. (One of the species of fauna mentioned in the Ayurvedic texts.)

Indivara - Blue lily.

Indivari - Blue lily.

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Indivara - Blue lily.

Indivari - Blue lily.

Indravaruni - Big eggplant.
Cirullus colocynthis. Root,
 dried pulp of the fruit, the
 seeds, and oil from seeds used
 in various medicines.

Indrayava - Kuruchi seed,
Holarrhena antidysenterica
 Wall. A herbal plant.

Indriyas - Sense organs.

Indukanta - Synonym of
Chandrakanta i. e. Moonstone
 (one of the minerals men-
 tioned in the Ayurvedic texts).

Ingudi - The Heart pea plant.
Balanites aegyptica (Hingote),
Zacchum oil plant.

Ishadgola - *Plantago ovata*
 Forsk.

Isharamula - *Aristolochia*
Indica. All parts used in various
 medicines.

Ishavari - The plant
Aristolochia indica Linn.

Ishtaka mritaka - Powder of
 bricks.

Itra - Scented liquid.



Jakhamehayata - Leaves.
 Externally used in various
 medicines.

Jala - Net-like structures in the
 body. 16 in number as per
 Ayurveda.

Jala Brahmi - The plant
Bacopa monnieri penn. All
 parts of plant are medicinally
 used.

Jala Nimba - *Bacopa monnieri*
 penn. All parts of plant are
 medicinally used. Synonym of
Jalabrahmi.

Jalaj - Animals born in water.

Jalakagardabha - Fever, due to
 suppuration.

Jalakukkuta - Aquatic cock.
 (One of the species of fauna
 mentioned in the Ayurvedic
 texts.)

Jalakumbhi - The plant *Pistia*
stratiotes Linn.

Jalapada - A web-footed bird. (One of the species of fauna mentioned in the Ayurvedic texts.)

Jalasukara - Water boar. (One of the species of fauna mentioned in the Ayurvedic texts.)

Jalauka - Leech.

Jalavetasa - Salix.

Jala-vrishana - Hydrocele.

Jalayuka - Leech.

Jalodara - Ascites; accumulation of fluid in the (peritoneum of) abdomen is called Jalodara. Enlarged abdomen, reversion of umbilicus, fullness of the flanks, presence of fluid thrill, shifting dullness on percussion, loss of appetite, weakness, thirst, pain in abdomen are the main signs and symptoms of Jalodara.

Jambavostha shalaka - Rod/stone for hitting, beating, etc., a surgical instrument.

Jambira - Medicinal lemon, a variety of lemon.

Jambira trina - Lemon grass or *Cymbopogon citratus*. All parts of plant and its oil are used in medicine preparations.

Jambu - Black berry.

Jambu - *Eugenia jambolan* - Fruits, seeds, bark and leaves useful in treatment of such diseases as Agnidagdha, Atisara (Rakta), Trishna, Prameha, Madhumeha.

Jambuka - Jackal. (One of the species of fauna mentioned in the Ayurvedic texts.)

Jambula - Black plum.

Jangala - Wild animal.

Jangama Visha - Poisoning from animals and animal products.

Jangha - Foreleg-tibiafibula.

Janmajata - Congenital.

Janu - Knee-patella.

Janubheda - Bowlegs.

Janudaya - Knee presentation (delivery-related terminology).

Januvishlesha - Knock-knees.

Japa - *Hibiscus rosasinensis*. Leaves, roots, flower and flower buds of this plant are useful in treatment of such diseases as Kashtartava, Rakta Pradara, etc.

Japapushpa - *Hibiscus rosasinensis* Linn. (See Japa)

Jartila - Wild resamum. A plant species.

Jata - Borax.

Jatamanshi - Nardostachy
Jatamansi. Root's stock of this plant is used in medicinal preparations.

Jatharagni - Digestive juices in the body.

Jatharagnivikara - Morbid appetite.

Jati (Chameli) - Jasmine
Jasminum grandiflorum Linn.
Leaves, roots and flower of this plant are used in various medicines.

Jati vriksha - The term literally meaning 'a caste' i.e. high-grade tree. An aromatic spice to be added for panaka, a syrup or a cool drink. *Myristica fragrans*.

Jatilodaya - Compound presentation (delivery-related terminology).

Jatipatra - Spanish jasmine. *Myristica fragrans*.

Jatiphala - Nutmeg.

Javitri - *Jatikosha*, *Jayaphala*, *Myristica fragrans*. Seeds used in preparations.

Jaya - The term literally meaning 'victorious'. A herbal species.

Jayanti - *Sesbania Aegyptica*. Root, bark, leaves and flower used in various medicines.

Jayapala - *Crotan tiglicum*. Root, seeds and oil used.

Jayaphala Taila - Macene.

Jeeva-dravya - Vitamins.

Jhasa - A large fish. (One of the species of fauna mentioned in the Ayurvedic texts.)

Jihva - Tongue.

Jimuta - An aquatic bird. (One of the species of fauna mentioned in the Ayurvedic texts.)

Jiraka - Cumin. The term literally meaning 'digestive'; from the root *jr*. This is in reference to the well-reputed action of the plant in digestion. Useful in treatment of such diseases as *Ajirna Shula*, *Atisara*, *Amlapitta*, *Vishama Jvara*.

Jirna Kasa - Chronic Cough.

Jirnatisara - Diarrhea of long duration may be known as *Jirnatisara*.

Jivajivaka - Pheasant.

Jivaka - the plant *Microstylis wallichii* Lindl.

Jivaniya - A drug that improves the vitality and nutrify the body. Nutrient.

Jivaniyagana - Group of medicinal herbs including *Vimarsha* (*Taramnush Labialis*), *Mudgaparni* (*Phaseolus Trilobus*), *Jivanti* (*Dendrobium Macrace*), *Madhuka* (*Liquorice Root*).

Jivanti - The plant *Dendrobium Macrace*, *Leptadenia reticulata* W & A.

Jivanu - Bacteria.

Jivitadhama - Seats of life - 10 in number as per the *Ayurveda*.

Jupha - *Hyssopus officinalis* Linn. A herbal plant.

Jvara - Fever (pyrexia) (*Vata shleshmika Jvara*, *Abhinyasa Jvara*, *Punarvartaka Jvara*, etc).

Jvara-hara - Febrifuge and antipyretic. Any agent that allays or reduces fever.

Jvaratisara - Diarrhea with fever.

Jyotishati - The Staff tree.

Jyotishmati - *Celastrus Paniculatus*. Leaves, seeds and oil used.



Kacha - Glass.

Kachchu - Scabies.

Kadali - Plantain, banana. *Musa Paradisiaca* or *Sapientum*. Fruit, flower and stem used in treatment of such diseases as *Karnashula*, *Masurika*, *Pradara* (*Rakta*), *Hikka*, etc.

Kadalipushpa - Flower of plantain tree.

Kaivarta Mustaka - *Celosia argentea* Linn.

Kajjali - Take *shuddha* (pure) *parada* in mortar and gradually add equal parts of powder of *shuddha gandhaka* (sulphur) in

its prescribed ratio. Triturate it with pestle, till globules of mercury disappears and fine homogeneous black powdered is made. The resultant mixture is known as Kajjali.

Kaju - *Anacardium occidentale*. Bark, fruit and oil used in medicinal preparations.

Kaka - Crow. (One of the species of fauna mentioned in the Ayurvedic texts.)

Kakajangha - *Leea aequata* Linn. A herbal plant.

Kakalaka - Hyoid bone.

Kakamachi - *Solanum Nigrum* or *Indicum*. All parts of plant are used in medicines.

Kakamari - *Anamrita cocculus*. Fruit of this plant is used in medicines.

Kakamukha Yantra - Crow beak like surgical instrument.

Kaki - She-crow. (One of the species of fauna mentioned in the Ayurvedic texts.)

Kakodumbara - Gular fig, *Ficus rumphii*. Root bark, fruit and its latex are used in medicines.

Kakoli - *Roscoeia procera* Wall. A herbal plant.

Kakolyadi Gana - Group of herbs including Kakoli, Kshirakakoli, Jivaka, Risbhaka, Mudgaparni, Masaparni Meda, Mahameda, Guduchi, Karakatashringi, Vanshalochana, Padmaka, Shveta Kamala, Riddhi, Vriddhi, Draksha, Jivanti, and Madhuka.

Kaksha - Axilla (bone - confluence).

Kaksha - Herpes.

Kala - Membranes, 7 in number as per the Ayurveda.

Kaladana - *Ipomea headaracia*. All parts of plant and seeds used in medicinal preparations.

Kalasha = 8.292 Kgs. approximately. (A unit of measurement.)

Kalavinka - Sparrow. (One of the species of fauna mentioned in the Ayurvedic texts.)

Kalaya-khanja - Lathyrism.

Kalihari - *Methonica Superba*. A herbal plant.

Kalinda - *Citrullus vulgaris* Schrad. A herbal plant.

Kalka - Kajka is a kind of paste prepared by grounding the drugs on a stone with water. The drug is first soaked in water and then grounded on a stone. Following are the two methods of preparing the Kalka from the green or dry herbs.

1. Wash green material; drain the excess water, bruise the herb with pestle and mortar the same to a pulpy consistency. Collect the medicine in the suitable vessel.

2. Place dried powder in grinding slab, add water gradually and grind to a pulpy consistency. Obtain the medicine in a suitable vessel.

Ghrita, Madhu or taila if required to be mixed with a Kalka, the quantity of such materials should be double than that of the Kalka. Sharkara and Guda should be taken four times to the amount of the basic herb. Kalka should always be used fresh.

Kalkasidhha Yavagu - Obtain 12 or 24 or 48 grams of the required drugs depending upon their strength. Add one litre of water with one-fourth weight of coarsely pounded

rice normally taken by the patient in his diet and cook them together. This is the preparation of Kalkasidhha Yavagu.

Kaloma vidardhi - Gall bladder abscess.

Kalskandha - Palmyra tree.

Kamala - Jaundice. It is yellowing of skin and sclera of eye. According to modern sciences, bilirubin is formed from haemoglobin when old red cells are broken down by spleen. Pigment is absorbed from the blood by liver where it is excreted in bile. Jaundice may be due to many causes. In hepatocellular jaundice, due to acute hepatitis bilirubin builds up in the blood. Transfer from liver cells of bile is prevented. In obstructive jaundice, bile is prevented from flowing out of liver because of disorders causing blockage of bile ducts. In haemolytic jaundice the amount of bilirubin produced is too great to be processed by liver.

Pale faeces and dark urine usually accompany obstructive jaundice. While in haemolytic jaundice both urine and faeces

colours are normal. In hepatocellular jaundice, the faeces are normal but the urine may be dark.

Kamala - Lotus, *Nilumbo nucifera*. Useful in treatment of such diseases as Arsha (Sravi), Kasa (Ardra) etc.

Kamala Keshara - Lotus stamen.

Kamalottara - Safflower.

Kamarakha - *Averrhoa carambola* Linn. Fruit and leaves used in medicinal preparations.

Kambu - *Cochlea* (related to ear).

Kampavata - Tremors.

Kampila - The plant *Mallotus philipensis*.

Kampilla - Nutmeg.

Kampillaka - Kamala dust.

Kamsa = 2.048 Kgs. approximately. (A unit of measurement.)

Kamsya - Bronze (one of the minerals mentioned in the Ayurvedic texts).

Kanaka - 1. *Dhatura* - *Belladonna*. 2. Gold (one of the

minerals mentioned in the Ayurvedic texts).

Kanakola - The plant *Piper Cubeba* Linn.

Kanchana - Gold (one of the minerals mentioned in the Ayurvedic texts).

Kanchanara - Mountain ebony, useful in treatment of such diseases as Galaganda.

Kanchani - Turmeric. Synonym of *Haridra*.

Kanda - Bulbous esculent root.

Kanda - Tuber; a herb.

Kanda Pushpa - Tulip. Medicinally useful flower.

Kanda-Bhagna - Fracture. Breaking of the bone is known as *kanda-bhagna*. Looseness, swelling, intense pain and tenderness in the affected part, and no relief of pain in any posture are the main symptoms of *kanda-bhagna*.

Kandamula - Innominate artery.

Kandaras - Tendons.

Kandu - Pruritus.

Kandughna - Antipruritic; a

drug that cures itching sensation.

• **Kandu-hara** - Antipruri.

Kangu - *Setaria italica* Beauv
Kangu. Italian millet. A medicinal plant.

Kaninika - Pupil.

Kanishthika - Little finger.

Kanisthika - Little finger.

Kanji - Kanji is a sour or fermented liquid preparation of a cereal or a pulse made in one of the following ways - The lightly crushed cereal or pulse is boiled in water in a closed earthen vessel. To allow it to ferment, the boiled mixture is left for a couple of days in the same vessel, its mouth tightly closed. The fermented liquid is Kanji or Conjee. It is strained through cloth. The mixture of 25 ozs. of lightly crushed cereal or pulse, 8 lbs. of water and a few slices of a fresh tender radish (Muli) is kept in a large earthen vessel, the mouth of which is kept tightly closed for a few days till the mixture ferments and turned sour, the fermented liquid is also Conjee. It is

strained through cloth. Prepare rice with two to three times its weight of water on moderate fire till it boils. Decant the starchy supernatant liquid into a clean vessel, close the vessel, and allow fermenting for three to four days. Thereafter, allow it to settle for two days more i.e. Kanji is to be used on the sixth day.

Kanka - Black colour bird with bent beak. Its excreta are used in preparation of certain drugs.

Kanka mukha Yantra - Heron beak like surgical instrument.

Kankola - Cubebs.

Kansya - Bronze.

Kanta Lauha - Cast iron.

Kanta Pashana - Magnet stone.

Kantaka Panchamula - The roots of these five plants: Karmarda, Trikantaka (Gokshura), Sairchyaka, Sairvari and Badara Vriksha.

Kantakari (Shveta) - *Solanum xanthocarpum*. Yellow berried nightshade. All parts of plant useful in treatment of such diseases as Kasa, Mutrakrichchra, and Shvasa.

Kantakarika - A medicinal plant. The term literally meaning 'the thorny'. This is in reference to the spin ascent habit of the plant.

Kantaki or Kantakin - A kind of date-plum; red amaranth. Medicinally useful.

Kantaphala - Jackfruit.

Kantha - Gullet.

Kantha - Gullet; Throat.

Kantha Roga - Disease of throat.

Kanthanadi - Trachea.

Kapala - Skull.

Kapala Tvaka - Scalp. It is the region of skin and underlying tissue layers of head that is normally covered with hair. Scalp skin is tougher and is attached to an underlying sheet of muscle. This muscle is loosely attached to the skull. Scalp is richly supplied with blood vessels. It is affected by a variety of skin disorders. Dandruff may lead to loss of hair.

Kapata - Valve.

Kapha - One of the three main humours of the body, Kapha is

repository for all constructive activities. It is also called Shlehsma. One of its main functions is to provide nutrition to the body tissues. Kapha is of five types viz. Kledaka Kapha, Avalambaka Kapha, Tarpaka Kapha, Bodhaka Kapha, and Shleshaka Kapha.

Kledaka Kapha is situated in the stomach. It is slimy (Pichchila) in quality, sweet in taste and has the action of moistening the food ingested. It also protects the digestive organs from being hurt by the digestive juices.

Avalambaka Kapha is located in the chest where it provides the nutrition to the heart. Bodhaka Kapha is found in the tongue and it is responsible for perceiving the taste.

Seat of function of Shleshaka Kapha is the joint where it lubricates the juices so that they may function properly. Tarpaka Kapha is situated in the head and gives nutrition to the mental faculties.

Kaphaja - Caused due to disorder in Kapha humour.

Kaphaja Chhardi - A disease. Vomiting thick and whitish colour material having sweet

taste is the symptoms of Kaphaja Chhardi.

Kaphaja Hridroga - A disease. Feeling of seizure of the heart, heaviness in the body; excessive secretion of phlegm, loss of appetite, and sweet taste in the mouth are the symptoms of Kaphaja Hridroga.

Kaphaja Jvara - A disease. Low grade fever, aversion to food, sweet taste, lassitude, heaviness, stiffness, feeling of cold and moist wrapping on the body, cough, nausea and excessive sleep are the signs and symptoms of Kaphaja Jvara.

Kapi - Ape/monkey. (One of the species of fauna mentioned in the Ayurvedic texts.)

Kapi kachchu - The term literally meaning 'a fruit that causes an itching sensation like that of a monkey'; irritative, allergenic. Cowage. Mucuna prurita or pruriem. Roots, leaves, pods, seeds of the plant are used in drug preparations. Synonym to Atmagupta.

Kapinjala - Sparrow. (One of the species of fauna mentioned in the Ayurvedic texts.)

Kapishaka - Cabbage.

Kapittha - The term literally meaning 'where monkeys abound', analogous to the Ashvattha tree where horses are tied. Woodapple. Feronia eliphantrum. Leaves, bark, fruit and gum of this tree are useful in treatment of such diseases as Atisara, Karna Roga Karna Shula, Grahani Roga, Ashmari, Netraroga, etc.

Kapivalli - Big kind of long pepper.

Kapola - Bucca.

Kapota - Pigeon. (One of the species of fauna mentioned in the Ayurvedic texts.)

Kara - Palm.

Karahat - Root of lotus or lily.

Karakatashringi - Pistacia integerrima Stew. Ex Brandis. A herb.

Karamarda - A herb. The term literally meaning 'pounded by hand'.

Karamardaka - The plant Cerissa Carandus.

Karanata - Causation.

Karandava - A kind of duck.

(One of the species of fauna mentioned in the Ayurvedic texts.)

Karanja - Indian beech, *Pongamia pinnatta* or *Glabra*. Also called **Karanji**. Arsenic Rubrum Bark, leaves, seeds and oil of this plant are used in treatment of such skin diseases as **Pama**, **Kandu**, **Shvitra**, etc.

Kara-pada - Hands and feet.

Karapatra - Bone saw.

Karapatra shastra - Saw.

Karatala - Palm.

Karavellaka - *Momordica charantia* Linn. Useful in treatment of such diseases as **Arochaka**, **Ajirna**, **Prameha**.

Karavi - 1. Black cumin seed. 2. Leaf of *asafetida*.

Karavira - The term literally meaning 'hand hero'. The basonym for *Nerium indicum* Mill. *Oleander*. Useful in treatment of such skin diseases as **Kushtha**, **Pama**, etc.

Karchura - *Hedychium spicatum* Ham ex Smith. A plant species.

Karira - *Capparis decedua*. - All parts of the plant used.

Karisha - Dung.

Karjiri - Synonym of **Somaraji** and **Aranya Jiraka**.

Centratherum anthelminticum. All parts of the plant, and seeds are used for various formulas.

Karkaru - Pumpkin gourd.

Karkata - Crab. (One of the species of fauna mentioned in the Ayurvedic texts.)

Karkata Shringi - *Rhus*; crab's claw, *Rhus succedenia*. A herbal plant.

Karkati - Cucumber, variety of *chenopodium* white goosefoot, *Cutillissimus roxb*. A herb.

Karkotaka - *Momordica Cochinchinensis*. Roots and fruits used as medicine.

Karna - It is an organ of hearing and balance. It consists of three parts. Outer ear consists of pinna made of muscle and cartilage. The eardrums separate the outer ear from middle ear. Eardrum is a thin, fibrous, circular membrane covered with a thin layer of skin when air pressure changes drum vibrates. Middle ear is a small cavity between

the eardrum and inner ear. It conducts sound to inner ear by means of tiny three linked movable bones called ossicles. The malleus is joined to the inside of eardrum. The inner ear is an extremely intricate series of structure. Rear part of it is concerned with balance.

Karna - Paka - Vitiation of pitta causes abscess in the ear leading to pus formation and this condition is known as Karna - Paka.

Karna Kuhar - Cavum concha (of ear).

Karna Pali - Lobule.

Karna purana - Filling the ears with juice of drugs, oils and other liquids.

Karna Purvagranti - Parotid gland.

Karna Roga - Ear disease.

Karna shodhana shalaka - Rod for cleaning the ear, a surgical instrument.

Karna Shrava - Otorrhoea.

Karna shula - Earache.

Karnagrati Granthi - Parotid gland.

Karnapali - Lobule of ear.

Karnaroga - Diseases of the ear.

Karnashodhana Yantra - Ear scoop.

Karnashrava - Pus discharge from the ear.

Karna-Shula - Undue concentration of vitiated Vayu in the region of the ear causes shooting pain in the ear. This condition is known as Karna-Shula.

Karnasphota 1 - Inflammatory swelling inside ear.

Karnasphota 2 - The plant *Cardeospermin halicacaum*. All parts of plant are used in medicinal preparations.

Karnavedhanasuchi shastra - Ear lobe puncturing needle.

Karnikara - A herb. The term literally meaning 'auricled i.e. having an ear like structure of the flower'. A very well known and much referred plant in Sanskrit general literature known for its abundance of beautiful flowers forming a canopy of a lofty tree'. The flowering portions of the

plants are completely leafless. However, Karnikara is usually taken to be Aragvadha by which name it is famous in Ayurveda.

Karparadika Bhasma - Cowry ash.

Karpasa - Cotton, *Gossypium arborium*. Leaves, fruits and roots used in medicinal preparations.

Karpoora - *Cinnamomum Tamala*. Leaves used in medicinal preparations.

Karpura - Camphor or *Cinnamomum camphora*. Niryasa (gum) used in medicinal preparations. Synonym of Karpoora.

Karpura Pushpa - *Anthemis*.

Karsa = 8 gms. approximately. (A unit of measurement.)

Karsha - 10 gms (a measurement of weight).

Kartari shastra - Scissors.

Karvella (Kerela) - Bitter gourd, *Momordica charantia*. All parts of plants and fruit are used in medicinal preparations.

Kasa - Cough. From the treatment point of view Kasa

(cough) may be divided into two groups viz. Shushka Kasa (dry cough) and Ardra Kasa (cough with expectoration).

Dry and frequent cough, pain in the region of heart, temples, head, abdomen and sides, burning sensation or suffocation in the chest, fever, dryness in the mouth, thirst, bitter taste and hoarseness of voice are the main symptoms of Shushka Kasa. Patient of Ardra Kasa expectorates thick phlegm in large quantity. His mouth remains almost coated with phlegm and he feels lethargy, headache, loss of appetite and heaviness in the body.

Kasa-hara - Antibecheic.

Kasalu - The plant *Alocacia macrorrhiza*. Root stock (Kanda) and leaves are medicinally useful.

Kasamarda - Negro coffee, *Cassia Occidentalis*. Leaves, flower and fruit seeds and root of the plant are useful in treatment of such diseases as Pama.

Kasaundi - *Cassia Sophera*. Leaves, bark and seeds of the plant are medicinally useful.

Kasha - *Saccharum spontaneum* Linn. A plant species.

Kashaya - 1. Astringent. 2. Decoction. A preparation where drugs are dried and powdered coarsely and then one part of the drug or drugs is put in a vessel and sixteen or eight or four times of its/their weight water are added to it. It is then boiled down on moderate fire to reduce the quantity of water to desired level.

Kasheru - *Scirpus Kysoor* Roxb. A plant species.

Kasheruka - Vertebra.

Kashiphala - Yellow pumpkin.

Kashisha - Green vitriol (one of the minerals mentioned in the Ayurvedic texts).

Kashtartava - Dysmenorrhea. The painful menses may be known as Kashtartava. In this condition the menses occur at the irregular intervals, remain for the short period and during the period patient passes meager discharge with pain.

Kasturi - Musk or Moschus Moschiferus. Kasturi.

Kataha - Pan.

Kataka, Nirmali - *Strychnos Potatorum*. Its seeds are used for medicinal purposes.

Kati Shula - Lumbago.

Katikapala - Pehic bone - ilium.

Katphala - Box myrtle. *Myrica nagi* Thunb. A plant species.

Katuka - *Picrohiza Kurrora* Royle ex. Benth. A herbal plant.

Katukalabu - *Lageneria vulgaris*. Its leaves, roots, fruits and seeds are used.

Katuki - *Picrorrhiza Kurroa*. Its root is useful in treatment of such diseases as Udara Roga, Yakritdalyudara, Plihodara, Medoroga, Jvara Kamala, Hikka, etc.

Katukoshataki - Bitter luffa. Its leaves, roots, fruits and seeds are used.

Katutrik - The triad of hot herbs involving Shunthi (Dried ginger), Maricha (Black Pepper), and Pippali (Pepper).

Katutumbi - The plant *Lagenaria siceraria* Standl. Also called Tumbini.

Katvanga - Synonym of Shyonak. *Oroxylum indicum* Vent.

Kaumarabhritya/balachikitsa - Paediatrics.

Kaushika-vit - Feces of owl.

Kavaka - Fungus.

Kavala - Gargle mouthwash.

Kavala - Iraha = 8 gms approximately. (A unit of measurement.)

Kavaladharana - Gargle.

Kavira - *Capparis decidua* Edgew. A plant species.

Kayachikitsa - Internal medicine.

Kayaphala - *Myrica Nagi* - Bark used.

Kesara - The term literally meaning 'the mane of hairs of filaments'. Mostly in reference to the hood like extended stamens of *Nagakesara* or of the lotus. If preceded by *Padma* and not *Kashmiraja* *Kesara* (i.e. *Crocus sativus* Lin)

Kesh - Hair.

Keshabhumisphutanam - Fissures of the scalp.

Keshara 1 - *Crocus sativus* Linn. Saffron.

Keshara 2 - Pollen.

Keshi - Synonym of *Jatamansi*.

Keshika - Capillary.

Ketaki - *Pandanus tectorius* Soland ex.

Ketaki - *Pandanus*.

Khada - A fermented drink. (One of the food-preparations mentioned in the Ayurvedic texts.)

Khadira - *Catechu*, *Acacia Catechu*. Literally from the verb root *khad* to be solid, firm. This refers to the very hard wood of the plant.

Khaga - Birds.

Khaja shastra - Churner with spikes.

Khalitva - Baldness.

Khalitya - Alopecia.

Khalivardhana - Wisdom tooth.

Khalla - 1.Hide 2. Mortar.

Khalvatata - Alopecia.

Khanda - A pharmaceutical preparation. To make Khanda

one has to prepare confection first and when confection becomes thick or almost solid so as to get cut into pieces. It is called Khanda. To make a confection of herbal drug it is mixed with sugar-candy or jaggery. The two ingredients are put over a slow fire and are gently stirred very often after mixing a little water to make a uniform mixture of the right consistency.

Khanda Kalpana - A pharmaceutical preparation. Boil the required quantity of sharkara (raw sugar) in water and prepare saturated solution in the consistency of thick syrup. At this stage add the fine powder of the required drugs, stir and mix them well. Cool it to form a candy.

Khanga - Rhinoceros. (One of the species of fauna mentioned in the Ayurvedic texts.)

Khanja - Monoplegia cruralis. A disease.

Khanjarita - Wagtail. (One of the species of fauna mentioned in the Ayurvedic texts.)

Khanjavata - Lameness.

Khara - Donkey. (One of the species of fauna mentioned in the Ayurvedic texts.)

Kharala - Mortar.

Kharala - Mortar.

Kharapatra - Leaves that have rough coarse surface.

Kharapushpa - The term literally meaning 'a rough flower'. Synonym to Apamarga.

Kharjoora - Date plant. Phoenix dactolifera. Its fruits and seeds are used.

Kharjura - Date. Literally from the verb root *kharju* meaning 'itching'. This is in reference to its spinascent leaves and leaf bases. Also called Kharjoora.

Kharpara 1 - Earthen pot (sauce pan type).

Kharpara 2 - Zinc.

Khatika - Limestone.

Khatika Kshoda - Talcum powder.

Khattashi - Civet.

Khatva - Sling.

Khatva bandha - Four tailed bandage.

Kilingaka - Sparrow. (One of the species of fauna mentioned in the Ayurvedic texts.)

Kimshuka - A plant species. The term literally meaning 'Kim' why? 'shukah': 'Is this a parrot?'. This is in reference to its parrot shaped flower. Synonym to Palasha.

Kinkirata - The plant *Acacia Latronum*. Its fresh roots are used medicinally.

Kinva - Drug used for fermentation. Yeast.

Kiratatikta - The term literally meaning 'very bitter'. The plant *Swerita chirata* buch Ham. *Kiratatikta-Chirata*.

Kirimala - The plant *Artemisia Maritinna*. Its dried flowers are used.

Kita - Insect.

Kitamari - The plant *Aristolochia bractata*. All parts of the plant are used in various medicines.

Klaivya - Impotency of the male.

Klama - Fatigue.

Klamatha - Fatigue.

Knakushtha - A coarse form of tin.

Koda - A carnivorous bird. (One of the species of fauna mentioned in the Ayurvedic texts.)

Koka - A kind of wolf. (One of the species of fauna mentioned in the Ayurvedic texts.)

Kokila - Indian cuckoo. (One of the species of fauna mentioned in the Ayurvedic texts.)

Kokilaksha - The plant *Astercanthus longifolia*. All parts and seeds of the plant are useful in treatment of such diseases as *Dhatukshaya*. Also known as *Tal Makhana*.

Kola - The plant *Zizyphus jujuba* Lam.

Kola = 4 gms. approximately. (A unit of measurement.)

Kolamatra - (A measurement of weight) equal to fruit of *Jujube* (approximately 1.0 gm.)

Kolardha - (A measurement of weight) equal to half fruit of *Jujube* (approximately 0.5 gm.)

Kora Sandhi - Hinge joints.

Kosha - Sac like.

Kosha-bandha - Sheath bandage.

Koshataki - A herbal plant. The term literally meaning 'having a case or a sheath'. This is in reference to the net like structure of the fibres of the dried fruit Sponge gourd, *Luffa acutangula* Roxb.

Koshthanga - Viscera, 11 in number as per the Ayurveda.

Kota - Localized thickening of muscle fibres.

Kotha-prasamana - Antiseptic.

Koyashtika - Lapwing. (One of the species of fauna mentioned in the Ayurvedic texts.)

Krakara - A kind of partridge. (One of the species of fauna mentioned in the Ayurvedic texts.)

Krana Shrava - Discharge of pus from the ear with pain is known as Karna Shrava.

Kravayada - Carnivorous animals.

Krimi 1 - Parasitic, infections types.

Krimi 2 - Worms.

Krimi Danta - Caries of the teeth. On account of vitiation of Vata a black cavity is formed in the tooth causing its decay. It leads to inflammation; discharge and looseness of the tooth and patient have acute pain in the tooth.

Krimi Roga - Worm infestation. Krimi Roga is a disease caused by the presence of worms (Krimi) in the body particularly in the intestines. Loss of appetite, loose motions, pain in the abdomen, fever, discolouration of the skin or tongue, lassitude and giddiness are the general signs and symptoms of Krimi-Roga.

Krimighna - A drug that kills or destroys worms.

Anthelmintics.

Krimija - Caused due to worms.

Kriminihsaraka - Vermifuge. A drug that expels the worm from the body.

Krishna - The term literally meaning 'the black'. This is in reference to the black colour of the Pippali.

Krishna jiraka - Caraway.

Krishna Lavana - Black salt.

Krishna Maricha - Piper
nigrum Linn.

Krishna Sariya - Cryptolepis
buchanani Roem & Schutt.

Krishna Tila - Sesamum, black
variety.

Krishna Vetasa - Calamus
tenius Roxb.

Krishna-mandala - Cornea.

Krishnasarpa Kanchuka -
Slough of black snake.

Krishra - Oleo. (One of the
food-preparations mentioned
in the Ayurvedic texts.)

Krisna Matsya - black fish.
(One of the species of fauna
mentioned in the Ayurvedic
texts.)

Kroshtuka Shirsha - Arthristis
of knee joint.

Kshara 1- Extract. A pharma-
ceutical preparation. To
prepare it take panchanga (All
parts of plant) or required part
of the plant. Calcine it com-
pletely in an iron saucepan.
Transfer the burnt material to
an earthen pot, add water six
time of its weight, mix and

close the vessel. Allow it to
settle overnight.

The following morning
decant it. Filter the decant
twenty one times through a
muslin, washing the muslin
every time. Transfer the liquid
thus obtained to an earthen
pot. Heat it on mild fire and
dry to evaporation with
constant stirring.

Remove Kshara by a
spatula and pack it into a
bottle. Keep bottle tightly
stoppered. A Kshara or extract
of a herbal drug can also be
prepared in these two ways:

(i) Small pieces or parts of
drug plant of which a Kshara is
to be prepared are burnt to
ashes in a large earthen vessel;
the ash is mixed with 64 times
of water (by weight); the
mixture, after it has been well
churned, is kept standing for 24
hours; the supernatant liquid is
then carefully decanted; this
decanted liquid is boiled till all
the water get evaporated and a
white residue is left. This is
Kshara.

(ii) Pieces of the drug plant
are burnt in a pit lined with
lime stones; the ash is well
mixed with six times its weight

or water; the mixture is left standing for some time; it is then repeatedly strained through cloth several times; the strained liquid is put on fire to boil; the lime stones removed from the pit are made very hot and immersed in the strained liquid when it is boiling. The liquid is then strained. It is again boiled till it turns red, transparent and soapy to touch. The liquid prepared is Kshara.

Kshara 2 - Caustic alkali.

Kshara karma - Cauterizations by caustic alkalis. They are of two types: 1. Partisarana/ bahya - external application. 2. Paniya/ abhyantara - internal consumption of the alkaline liquids, fats, etc.

Kshara patana shalaka - Rod for placing caustic alkali, a surgical instrument.

Ksharameha - Alkalinuria.

Kshira - Milk.

Kshira Dosha - Disorder of lactation types.

Kshira Kakoli - The plant Roscoea procera Wall.

Kshira Peya - Beverage made with milk. (One of the food-preparations mentioned in the Ayurvedic texts.)

Kshirapaka - Medicated milk, prepared from the following methods: 1. Take one part of the drug; add to it eight parts of milk and 32 parts of water. Boil and reduce the quantity of the milk to desired level. Strain and use the filtrate. 2. Take one part of drug and 15 parts of each of water and milk. Boil the same to reduce the quantity of the milk; strain and use the filtrate. 3. Equal quantity of milk and water is boiled to one fourth of the original amount. It is then filtered and used. It is also called Shrita.

Kshirini - The plant Mimosa Hexendra. Fruits, bark and leaves of this plant are used in medicines.

Kshodrameha - Diabetes mellitus.

Kshudra Antra - Small intestine.

Kshudra Shvasa - Chronic Bronchitis. This is a mild type of Shvasa Roga and its main

symptom is dyspnoea on exertion.

Kshudrantra - Small intestine.

Kubjaka - The plant *Rosa brunonii* Lind.

Kubjatva - Hunchback condition.

Kuchelaka - The plant *Nux Vomica* (*Strychnos Vomica*). Seed and bark of this plant is used for medicinal purposes.

Kuchila - *Strychnos Nux Vomica*.

Kudava = 128 gms approximately. (A unit of measurement.)

Kuhara - An aquatic bird. (One of the species of fauna mentioned in the Ayurvedic texts.)

Kukkura Kasa - Whooping cough. **Kukkura Kasa** is a disease that is frequent among children and characterized by a peculiar paroxysm of cough ending in a loud whooping inspiration. Other symptoms include pain in the chest, sides and abdomen, headache and feeble voice.

Kukkuta - Cock / hen. (One of the species of fauna mentioned in the Ayurvedic texts.)

Kukkuta anda - Egg of hen.

Kukkuta Puta - A particular process of steaming or boiling the drugs. Prepare a fire of **Vanyopala** (dried cow dung cakes) stocked in 42.5 cm. length and breath over ground to a height of 42.5 cm. with **Musha** (the herb pot) in the centre. Fire and prepare the drug as mentioned in **Mahaputa**.

Kukkuti - Hen. (One of the species of fauna mentioned in the Ayurvedic texts.)

Kuksi - Bouts.

Kukunaka - Conjunctivitis. **Kukunaka** is a disease of the eyelids of children that particularly occurs at the age of breast-feeding. In this disease the eyelids of the patient are swollen, red and full of discharge and itching. The child constantly rubs his forehead, eyes and nose and is unable to see the sunlight.

Kulanjana - The plant **Agalanga** Will. A herbal species.

Kulattha - *Dolicus* bean, *Biflorus*. Seeds Useful in treatment of such diseases as

Ashmari, Mutra Krichchra
Kashtartava, Gulma, Arsha,
Aamavata, etc.

Kulinga - Sparrow. (One of the species of fauna mentioned in the Ayurvedic texts.)

Kulmasha - Sour gruel / semi boiled grains. (One of the food-preparations mentioned in the Ayurvedic texts.)

Kulpha - The plant *Portulaca obracea*.

Kumari, Ghrita Kumari - *Aloe vera Barbedensis*. All parts of the plant are useful in treatment of such diseases as *Agnidagdha*, *Yakridalyudara* / *Plihodara*, etc.

Kumbha = 8.292 Kgs. approximately. (A unit of measurement.)

Kumkuma - The plant *Crocus sativus* Linn. Saffron. Also known as *Kumkumam*.

Kumkumam - The plant *Crocus sativus* Linn. The term literally meaning 'Saffron red'.

Kumuda - The plant *Nymphaea alba* Linn.

Kuna - 1. Kind of insect living in the clothes. 2. Dirt on naval.

Kunakha - Felon onychia. If the inflammation around the nail bed is of mild nature, then it causes fragility of the nail. This condition is known as *Kunakha*.

Kunati - Arsenic Rubrum.

Kunchika - The term literally meaning 'with a little brush'. Synonym of *Upakunchika*.

Kunda - Kind of jasmine.

Kunjara - Elephant. (One of the species of fauna mentioned in the Ayurvedic texts.)

Kupipakva - Process of pharmaceutical preparation. To perform this place the drug in a well cleaned and absolutely dry glass bottle wrapped with cloth and wet clay plaster, seven turns upon the neck. Place the bottle over a piece of mica to hold the bottle over the central hole in an earthen or iron receptacle. Cover the slide of the bottle up to the neck with sand and fire. Gradually heat till the required heat is obtained and finally allow it to cool.

Kuranga - Deer. (One of the species of fauna mentioned in the Ayurvedic texts.)

Kurara - Osprey. (One of the species of fauna mentioned in the Ayurvedic texts.)

Kurcha 1- Middle of the eyebrows, moustache.

Kurcha 2 - Brush like structure. They are 6 in number as per the Ayurveda.

Kurcha shastra - Brush with spikes.

Kurma - Tortoise. (One of the species of fauna mentioned in the Ayurvedic texts.)

Kuruntaka or Kuruntha - Yellow Amaranth or Barleria.

Kusha - Poa. The plant *Evagrostis synasuroidis*. Its roots are used for medicinal purposes.

Kushapatra - Paget's knife or bistuary.

Kushapatra shastra - Bistuary.

Kushmanda - Marrow, a vegetable species.

Kushmandaka - Pumpkin gourd, also called ash gourd. Useful in treatment of such diseases as Apasmara, Asthila, Mutra Krichchra etc.

Kushtha 1 - Chronic skin

diseases; leprosy. **Kushtha (leprosy)** is a chronic infectious disease that produces various granulomatous lesions in the skin, the mucous membrane, and the peripheral nervous system. Excessive smoothness or roughness and discolouration of skin, excessive sweat or absence of it, pain like needling, burning sensation, itching, numbness, patches with loss of sensation, increase in the size of wound in spite of treatment, fatigue and exhaustion are the symptoms of Kushtha.

Kustha 2 - Root Kustha. The plant *Kooth*.

Kusthaghna - A drug that cures skin diseases.

Kusumanjana - Collyrium obtained from flowers.

Kutaja - The plant *Antidysentrica Holarrhena*. The term literally meaning 'mountain born'. Barks, fruits, seeds of this plant are useful in treatment of such diseases as Atisara (Rakta), Jvara, and Balatisara.

Kuthari shastra - Chisel etc.

Kutharika - Axe shaped knife.

Kuttana - Beating, pounding, pricking.

Kvatha - Decoction. Place the drug in the form of yuvakuta (small pieces) in an earthen pot or in a tinned copper vessel with clay on the outer layer of the bottom. Add to it water four times if the drug involved is moderately hard and 16 times if the drug is very hard. Boil it on low fire till it gets reduced to one fourth of volume in case of both the moderately hard and hard drugs. Cool down, strain and collect the filtrate in a clean vessel. If other drugs are to be added, mix them in the same proportion as described for Phanta.



Laghu Mastishka - Cerebellum.

Laghu Pancha Mula - The five herbal roots involving Gokshura, Brihati, Kantakari, Prishniparni, and Shalaparni.

Laghu roga - Indisposition.

Laja - Pop of paddy.

Lajjalu - The plant *Mimosa pudica*. All parts of plant are useful in treatment of such diseases as Rakta Pradara.

Lajjasaktu - The plant *Oryza sativa* Linn.

Lakooch - The plant *Artocarpus Lakoocha*. Its fruits and bark are used for medicinal purposes.

Laksha - Lac.

Lakshadi Gana - Group of medicines including Laksha, Aragvadba, Kutaja, Karavira, Katphala, Haridra, Daruharidra, Nimba, Satayanashi, Jati, and Trayamana.

Lalarasa - Saliva.

Lalatabheda - Frontal headache.

Lalima - Afflux.

Lamajjaka - *Cymbopogon*. The plant *Jwarancusa* Schult.

Langali

Langali - The plant *Gloriosa superba* Linn.

Langhana - Nestiatria. Fasting. Any measure or drugs that causes the body light and reduces the bulk of the body is called Langhana. This type of treatment is prescribed in the disorders caused by the increased Kapha or Aama. It consists of Pipasa, Atapa, Maruta Sevana, Pachana, Upavasa and Vyayama. Vamana, Virechana, Asthapana Basti and Shiro virechana are also included in it.

Thus it is clear that from Ayurvedic point of view, only fasting is not Langhana. Any of the above mentioned measures might be prescribed for Langhana, taking into consideration the strength of the patient.

Lasika - Lymph.

Lasika Parikshana - Serological tests.

Lata Karanj - Indian beech, *Pongamia pinnatta* or *Glabra*. Bark, leaves, seeds and oil of this tree are employed to various medicinal preparations.

Lata Kasturi - The plant *Hibiscus abelmoschus* Linn.

Lauha - Iron (one of the minerals mentioned in the Ayurvedic texts).

Lauha Churna - Iron dust.

Lava - Quail. (One of the species of fauna mentioned in the Ayurvedic texts.)

Lavaka - Partridge.

Lavaka - Quail. (One of the species of fauna mentioned in the Ayurvedic texts.)

Lavaka Puta - A particular kind of drug steaming. Make a heap of cow dung to a height of 15 cm. In the centre keep the Musha (the herb pot) and fire the same. Allow it to cool before collecting the medicine.

Lavali - The plant *Cicca acida* Linn Merrill.

Lavana - Salt. The common salt from ocean reached the world of Ayurveda late. Hence, its use was avoided generally. Reference to lavana in Ayurveda as a rule relates to the rock salt only. Even today the common sea salt is not used in cooking meant for

religious and ritualistic purposes.

Lavana Chatushtaya - All of five salts minus common sea salt. Five kinds of salts include Saindhava (rock salt), Sauvarchala (obtained from Sambhar lake, Rajasthan, also called Ruchaka), Vida (black salt, common salt + soda carbonate, etc.), Samudra (common sea-salt), and Audbhida (salt obtained from soil also called Reha). The common salt from ocean reached the world of Ayurveda late. Hence, its use was avoided generally. Reference to salt in Ayurveda as a rule relates to the rock salt only.

Lavanga - Clove, *Caryophyllus aromaticus*. Its flower bud, and oil are useful in treatment of such diseases as Kasa, Balaroga Kasa, Visuchika, Garbhini roga, and Chhardi.

Lehyam - Confection. Linctus. Avaleha or Lehyam is a preparation of semisolid consistency prepared with the medium of sugar or jaggery and water or any other liquid like milk etc. on a slow fire. It is also called Prasha or Lehya. A Kvatha

Svarasa (decoction of the juice of herbs) concentrated with frequent stirring in a tinned vessel at low heat yields an lehya.

A properly prepared lehya can be lifted in a spoon like treacle. When cooled after cooking and taken in between the fingers it does not stick to the fingers, but the fingers leave impression on it. Lehyam can also be prepared by the following method.

Take one part of sugar or jaggery and four parts of water. Boil it on low fire with constant stirring till it attains the consistency of the syrup. Adding a little quantity of milk may clarify the dirt on it. Take it off from the flame, add powdered drug into it gradually to make the same a semisolid consistency. If honey is to be added, it should be added at this stage.

Lekhana - A drug that reduces the fat of the body and causes the body thin is called Lekhana. Scraping or scarification.

Lekhaneeya - Revulsives or weight-reducing drugs.

Lepa

Lepa - Poultice, ointment. A paste for external application. A Lepa may be cold, hot or tepid; thin, moderately thick. It is prepared by bruising of the drugs in Svarasa, oil, water, Ghrita, curd, milk, Kanji, etc.

The quantity of the drugs to be used should be sufficient to render a paste capable of coating the affected surface or the part of body. Lepa should be applied against the direction of the hair. Lepa is to be coated to the thickness of 1cm., preferably in the day only. Lepa should be removed from the skin before it is absolutely dry. However, Lepa applied to swellings should be allowed to dry.

Lingapaka - Suppuration and sores of the penis.

Lochanahita - A kind of medicinal preparation useful for the eyes; Dolichos Vaiflorus.

Lodhra - The plant Symplocos crataegoides. Its bark is used.

Lohaprstha - A heron. (One of the species of fauna mentioned in the Ayurvedic texts.)

Lohitamajja - Red marrow.

Lomadanda - Hair shaft.

Luta - Spider. (One of the species of fauna mentioned in the Ayurvedic texts.)

Luta Visha - Spider bite poisoning.



Machika - Synonym of Jatamansi. The plant Nardostachy Jatamansi. Its root's stock is used in medicinal preparations.

Madana - see Madanphala.

Madana phala - Emetic nut, Randia dumatorium. Its fruits, seeds and bark are used for medicinal purposes.

Madatyaya - Alcoholism. Madatyaya is a condition caused by the excessive use of alcohol.

Madgura - A species of fish.

(One of the species of fauna mentioned in the Ayurvedic texts.)

Madhu - Honey.

Madhuchchhishta - Bee wax.

Madhuka - The plant *Bassia Latifolia*. Flower, fruit, bark, seeds, oil and leaves of this plant are medicinally useful.

Madhumeha - Diabetes. In this indisposition pancreas is not able to produce sufficient insulin to neutralize sugar. As a result the level of glucose in blood becomes higher. It results in fatigue due to excessive urination, thirst and hunger.

According to modern science, insulin-dependent diabetes is more severe appearing before the age of 35. The other which is common develops after the age of 40. It develops slowly and is generally discovered during routine medical examination. In such case dietary measures, weight reduction and oral tablets like the *Madhumehari* keep the person fit. It runs in families. Obesity is the predisposing factor. Pregnancy may also precipitate it.

The aim of treatment is to prolong life, relieve symptoms and prevent long-term complications. Regular physical activity helps.

Madhunashana or Gudamara - The plant *Gymnema sylvestra*. A herbal species. Its leaves, roots and seeds have been noted as an effective medicine against diabetes.

Madhurtrik - The triad of Ghrita (ghee, clarified butter), Guda (raw sugar, jaggery), and Madhu (honey).

Madhushigru - *Moringa concanensis* Nimmo. Also called *Sobhanjana*. A herbal plant useful in treatment of such diseases as Vidradhi, Karnashula, Krimi, Dadru, Visarpa, Visphota, Vrishania Vridhi (Shotha) Shula (Amaja), Snayuka.

Madhusnuhi - The plant *Smilax china* Linn.

Madhuyashti - *Glycyrrhiza*; Licorice. Medicinally, a very useful plant.

Madhyamanga - Trunk.

Madya - Wine. Take three parts of the drug, four parts of jaggery and eight parts of

water. Ferment the ingredients in a closed vessel for twenty days as described in Sandhana Kalpana. Thereafter, distill off spirituous portion through a copper still. This is the method to prepare Madya.

Maha Dhamani - Aorta.

Maha meda - Polygonatum cirrifolium royale.

Maha Nimba - The plant Meli Azadirachta. Leaves, bark, fruit and flower of this plant are used in various drugs.

Maha Pashana - Magnate stone.

Maha Puta - Process of steaming or boiling drugs. Dig a round pit into the ground, which should be half Vysma (about 115cm.) deep one Hasta (about 46cm.) in radius. Fill its half portion with dried cow dung cakes. Place the Musha (the herb pot) on it and fill the remaining half also with dried cow dung cakes. Fire and allow cooling after complete burning of the fuel (Svangashita).

Thereafter, remove the saucer, open the joint and take out the drug carefully. Powder it and preserve for use.

Maha Shira - Vena-cava.

Mahabhuta - The sharira (human body) is made up of pancha mahabhuta, according to the Ayurveda. They include: the Vayu (wind), Akasha (ether), Agni (fire), Prithvi (earth) and Jala (water). The human body attains life only when Atma (spirit), Indriya (senses) and Mana (mind) join to the Mahabhutas.

Each of the Doshas is also made up of Mahabhuta. Vayu and Akasha Mahabhuta form Vata, Agni Mahabhuta forms Prithvi and Jala Mahabhuta forms the Kapha Dosha. [Dosha are the biological units of living body that are responsible for all its functions.]

Mahabriksha - The plant Ailanthus excelsa Roxb. Bark, leaves, fruits and gum of this plant are used for medicinal purposes.

Mahamatrika - Common carotid.

Mahashakali - Big scaled fish. (One of the species of fauna mentioned in the Ayurvedic texts.)

Mahisha / Mahisa - Buffalo / pertaining to buffalo.

Mahisi - She-buffalo. (One of the species of fauna mentioned in the Ayurvedic texts.)

Majja 1 - Marrow.

Majja 2 - Central part of the kernel or seeds of a fruit.

Makara - Crocodile. (One of the species of fauna mentioned in the Ayurvedic texts.)

Makari - She-crocodile. (One of the species of fauna mentioned in the Ayurvedic texts.)

Makarmukha - Crocodile forceps.

Makkala - After pains. (A delivery related term.)

Makkala Shula - Swelling below the umbilicus after delivery.

Makshika 1- Fly.

Makshika 2- Honey.

Makshika 3 - Pyrite (one of the minerals mentioned in the Ayurvedic texts).

Makshika Visha - Fly bite, insect bite.

Makushtha - Aconite, leaved kidney bean. A plant species.

Mala 1 - It is a waste material from digestive tract that is expelled through anus. Liquid or very loose, frequent motions are called diarrhea. It may be due to malabsorption. Pale faeces may be due to lack of bile in intestine and due to bile duct obstruction.

Dark faeces may be due to large amount of iron. Black faeces may be due to bleeding in stomach, duodenum and small intestine.

Slimy faeces may be due to excessive mucus. Blood in stool may be due to dysentery. Faeces contain dead bacteria, dead cells from intestinal lining, and secretions from intestine and bile from liver.

Mala 2 - The excretes, mainly the three of Purisha (stool), Mutra (urine) and Sveda (sweating).

Malahara - Ointment. It is a greasy, semisolid preparation that is applied to the skin. Most ointments contain oil wax and have soothing, moisturizing effect. These are thicker than creams. By occlusion they promote dermal dehydration and are also water miscible. Bases are composed largely of

lipid by preventing water loss. Ointments contain fewer preservatives. To prepare Malahara, warm oil, Ghrita, resin etc. are obtained and strained through clean muslin. To this is added finely powered drugs. Finally this preparation is triturated to a homogeneous non-gritty consistency.

Malashaya - Rectum.

Malashaya shodha - Proctitis.

Malati - 1. Yellow Jasmine. 2. Borax.

Mala-Visarjana - Discharge of faeces from the rectum. It is the process and action of evacuating faeces from rectum. Normal process relies on peristalsis within colon and relaxation of sphincter of anus. Impaction of defecation of 48 hours is known as constipation while frequent liquid defecation is called diarrhea.

Malhara Lepan - Anointing.

Malla Vikara - Arsenic poisoning.

Mallika (Bela) - Jasminum sembac. Root, leaves and flowers of this plant are used medicinally.

Mallikaksha - A kind of goose. (One of the species of fauna mentioned in the Ayurvedic texts.)

Mamsa - Flesh.

Mamsajatiya - Protein.

Mamsakleda - Softening and degeneration of muscular tissues.

Mamsapeshi - Muscles. 500 in males/20 more in female in number as per the Ayurveda.

Mamsarajju - Muscular cords - 4 in number as per the Ayurveda.

Mamsi - The term literally meaning 'fleshy', being abbreviation for Jatamansi.
Nardostachys jatamansi DC.

Mana - Mind.

Mana kanda - The plant Alocasia Indica. Root stock, stem and leaves of this plant are used for medicinal preparations.

Manahshila - Arsenic rubrum (one of the minerals mentioned in the Ayurvedic texts).

Manas Dosha - In addition to Vata, Pitta and Kapha, which

are the bodily Doshas, there are two Manas Doshas viz. Rajas (passion) and Tamas (darkness). Manasa Dosha may be held responsible for mental disease.

Manasika diseases - The Ayurveda classifies diseases under four categories - Agantuka, Doshaja, Manasika, and Svabhavika. Manasika diseases are those related to mental state involving carvings, angers, lust, etc.

Manda - Liquid without grains. Manda is a preparation of cereals boiled in sufficient quantity of water and decanted. The decanted liquid free from grains is called Manda. It is generally prepared with fried paddy (Laja) and rice or barley in sufficient quantity of water.

Manda - Sub acute.

Mandadoka - Liquid scum. (One of the food-preparations mentioned in the Ayurvedic texts.)

Mandagni - Deficient digestive power or fire.

Mandala - Circular, ring like.

Mandalagra - Circular knife or roundhead knife.

Mandalagra shastra - Knife with circular/curved edge.

Mandukaparni - Indian pennywort, the plant *Hydrocotyle Asiatica*. All parts of the plant are useful in treatment of such diseases as Apasmara, Unmada, Dhatukshaya, etc.

Mandura - Iron rust.

Mani - Ruby.

Manibandha - Wrist.

Manika = 256 gms. approximately. (A unit of measurement.)

Manikya - Ruby.

Manjishtha - The plant Indian Madder.

Manjishtha - The plant *Rubia cordifolia*. Its root is medicinally used.

Manjistha-meha - Choluria.

Manovigyan - Psychology.

Manovikara - Psychic disorders.

Mantha - Special dish of barley flour. (One of the food-

preparations mentioned in the Ayurvedic texts.)

Manthana - Churning, twisting, rinsing.

Manthana - Drilling (in surgical operations).

Manya-stambha - Torticollis.

Maraka - Epidemics. The occurrence in a community or region of a group of illnesses of similar nature, clearly in excess of normal expectancy and derived from a common source.

Marana Process - The minerals should not be used before its impurities are removed by the process known as Shodhana. Thereafter, the drug is subjected to the Marana process by which it is reduced to such a state in which they can be absorbed in the body. See Bhasma.

Mardana - Massage. It is rubbing of body with hands. It is generally used to relieve painful muscle spasm, to treat closed muscle fibre injury and reduces oedema. Massage increases blood flow and reduces pain by counter

irritation. It relaxes muscles and makes skin attractive.

Marga shuddhi - Clearing the passage (of faeces or urine).

Maricha - Black piper. Piper Nigrum. Its fruit is useful in treatment of such diseases as Apasmara, Kasa, Charma Roga Pama, Vicharchika, Pravahika, Svarabheda, and Hikka.

Maricha (White) - Seeds of Sahajana, a middle-size maple tree with stick like fruits.

Marichi = 0.16 mgs. approximately. (A unit of measurement.)

Markandika (Sanai) - The plant Cassia augvustifolia. Its leaves and fruits are employed for medical purposes.

Marma - Vital points/vital spots in the body. 107 in number as per the Ayurveda.

Masa - (A unit of time) One-month/thirty days.

Masha - 1. Black phaseolus bean, Phaseolus radiatus or Roxburghi. Seeds are medically useful. 2. Lentil.

Masha = 500 mgs. approximately. (A unit of measurement.)

Mashaparni - *Phaseolus radiatus* Linn. A herbal plant.

Mashavikriti - Preparations of *masha* i. e. horse - bean. (One of the food-preparations mentioned in the Ayurvedic texts.)

Mastishaka - The brain. It controls body's functions and is organ of speech, thought and emotions. Brain and spinal cord constitute central nervous system and controls basic functions such as heartbeat, breathing, temperature, etc. Brain interprets sensations from nerves extending to different parts of body. The nerve pathways that control internal body functions such as heart beat, sweating, temperature, and digestion are called autonomic nervous system.

According to modern science, in somatic nervous system nerve pathway carries sensation to brain from sense organs and message from brain to muscle to act. Brainstem and cerebellum are concerned with control of vital functions, i.e. breathing, maintenance of blood pressure and cerebellum

with muscular co-ordination and posture. Cerebrum consists of two hemispheres and constitutes 70 per cent of weight of total nervous system. It has centers for thought, movement and sensations. Some higher centers of speech and writing are controlled from one dominant cerebral hemisphere.

Mastishkavrana-Shotha - Meningitis.

Mastu - Buttermilk. Whey.

Masura - Literally meaning 'Lens'. This is in reference to the biconvex lens like pulse of the lentil. The plant *Lens culinaris* Medic.

Masurika - Small pox.

Masurika is a highly contagious disease characterized by abrupt onset of high fever with appearance of general eruptions on the third day, which pass through the stages of papule, vesicle, pustule and scale with subsequent scarring. Sudden onset of high fever with shivering, loss of appetite, body ache, restlessness, giddiness, gray coloured face, and redness of the eyes are the

initial symptoms. After 2 days temperature falls and on the third day Masura (lentil) like eruptions first appear on the forehead and front of the wrist followed by eruptions on the whole body, but least on the chest, abdomen, groins and legs.

Each vesicle enlarges and by the seventh or eighth day it becomes postural. In the second week secondary suppurative fever may occur. In third week, the lesions begin to dry and after which the scabs are shaded.

Matkuna - Bed bug. (One of the species of fauna mentioned in the Ayurvedic texts.)

Matsi - She-fish. (One of the species of fauna mentioned in the Ayurvedic texts.)

Matsya - Fish.

Mayakku - Quercus infectoria Oliv. (One of the species of fauna mentioned in the Ayurvedic texts.)

Mayura - Peacock. (One of the species of fauna mentioned in the Ayurvedic texts.)

Mayura griva - Neck of Mayura.

Mayura Pitta - Peacock's bile.

Mayura Puchcha - Peacock's feathers.

Mayuraka - Copper Sulphate.

Mayura-mamsa - Flesh of peacock.

Mayuri - Ethan. (One of the species of fauna mentioned in the Ayurvedic texts.)

Mechandi or Madayantika - The plant *Lausonia inermis*. Leaves, bark, flower and seeds of this plant are used in medicines.

Meda 1 - Polygonatum cirrifolium Roy. A herbal plant.

Meda 2 - Sub cutaneous fat. Viscous secretion produced by covering mucous membranes; lubricates and protects the mucous membrane, and traps foreign substances. Mucus prevents stomach acid from damaging the stomach wall and prevents enzymes from digesting the intestine. It moistens inhaled air.

Medhrapaka - Urethritis.

Medhya - Brain tonic.

Medo-vridddhi - Obesity and diseases related to it.

Megharava - A kind of water bird. (One of the species of fauna mentioned in the Ayurvedic texts.)

Merudanda - The backbone.

Mesha - Ram. (One of the species of fauna mentioned in the Ayurvedic texts.)

Meshashringi - A herbal species. The term literally meaning 'horns like that of a ram'. That is recorded as opposed to the plant Ajashringi, which are straight in shape.

Methika - Fenugreek. Useful in treatment of such diseases as Pradara.

Mina - Fish.

Mocha rasa - The term literally meaning 'a liberated juice i.e. a juice that falls down automatically'. This is in reference is to the free flowing resinous exudation of the plant *Salmaalina malabarica*.

Modaka - Big tablets. To prepare this mix powered drugs sieved through muslin in enough of water, Svarasa, Kvatha, Madhu, Guda or Guggulu to make it into a

paste. Then prepare the Modaka by hand. Modaka is also called Vati, Pinda, etc.

Mridurechana - Laxative.

Mriga - Quadrupeds/wild animals.

Mrigaraja - Lion. (One of the species of fauna mentioned in the Ayurvedic texts.)

Mrigi - Apoplexia.

Mrinalam - Lotus. The term literally meaning 'liable to be crushed'. This is in reference to the very tender nature of the leaf stalks of the plant.

Mritagarbha - Chronic abortion.

Mrityu - Death. It is the permanent cessation of vital function. Heart lung and brain stop working. If person is not on dilator, the diagnosis of death is based on absence of spontaneous breathing, absence of heartbeat and fixed pupils unresponsive to light.

Mucha - A kind of fish. (One of the species of fauna mentioned in the Ayurvedic texts.)

Mudga - A herbal species. The term literally meaning 'glad-

dening', from the root *mud*.
The plant *Phaseolus radiatus*
Linn. *Mudga shakam* is a
vegetable.

Mudgara - Pestle.

Mudrika - Finger knife.

Muhurta - (A unit of time) 48
minutes approximately.

Mukatva - Deafness. It is
complete or partial inability to
hear. Total deafness is gener-
ally congenital. Conductive
deafness may be due to
earwax. It is a faulty transpor-
tation of sound from outer to
inner ear. It may be due to
perforation of drum. Less
commonly otosclerosis may be
responsible due to otitis media.
Sensorineural deafness is
sometimes congenital due to
birth injury or due to faulty
chromosome.

Mukha - Mouth.

Mukhalepa - Coating on the
face.

Mukharoga - Oral diseases.

Mukta - Pearl (one of the
minerals mentioned in the
Ayurvedic texts).

Muktanubandhi - Intermittent.

Mulaka - Radish. The term
literally meaning 'the root'.
This is in reference to the
swollen root of the plant,
which is its most prominent
part. Useful in treatment of
such diseases as *Karnashula*,
Balayakrit-Plihavridhi.

Munda - Bob.

Murchha - Murchcha is a
disease characterized by the
transient loss of consciousness.
In this case the patient may
become conscious after a while
even without treatment.

Murdha - Top of the head.

Murdha taila - Anointing the
head.

Musali 1 - A surgical instru-
ment.

Musali 2 - A herbal plant.
Curculigo orchoides Gaertn.
Useful in treatment of such
diseases as *Dhatu Kshaya*,
Mutraghata, *Shukralpata*, and
Napumsakata.

Musha 1 - A particular pot to
prepare drugs.

Musha 2 - A pharmaceutical
process. Contuse the drug with
required *Svarasa*, *Kvatha* etc.

Make its pellet and dry. Keep these in an earthen saucer, close mouth of this with another saucer; seal the joints with a cloth and wet clay plaster. It is known as Musha.

Mushaka parnika - The term literally meaning 'leaf like that of the ear of the mouse'. The plant *Ipomea reniformis* Chois.

Mushaka Visha - Rat bite poisoning.

Mushika - Rat. (One of the species of fauna mentioned in the Ayurvedic texts.)

Mushika - She-rat. (One of the species of fauna mentioned in the Ayurvedic texts.)

Mushika Karni - *Ipomoea reniformis* Chois. A herbal plant. Synonym of *Mushaka Parnika*.

Mushikmukh - Mouse teeth forceps.

Mushkaka - A species of tree (the ashes of which are used as cautery).

Mushkakadi Gana - Group of herbal plants including *Mushkaka*, *Palasha*, *Dhava*, *Chitraka*, *Madana*, *Vrikshaka*

(*Kutaja*), *Shimshapa*, *Vajra vriksha*, and the *Triphala*.

Mushti - Pugil.

Mushti = 32 gms approximately. (A unit of measurement.)

Mushtika - A fistful amount.

Musta - The plant *Cyperus Rotundus*. A species of grass used in medicinal preparations.

Mustadi Gana - Group of herbs including *Musta*, *Haridra*, *Daruharidra*, *Haritaki*, *Amalaki*, *Vibhitaka*, *Kustha*, *Shveta Vacha*, *Vacha*, *Patha*, *Katuki*, *Kakajangha*, *Ativisha*, *Ela*, *Bhallataka*, and *Chitraka*.

Mustaka - The plant *Cyperus scariosus* R Br. Useful in treatment of such diseases as *Atisara* (*Rakta*).

Mutra - *lopa* - *Ischuria*.

Mutra - Urine. See *Mutra Pranali*.

Mutra Krichcha - *Dysurea*.

Mutra marga - Urethral douche.

Mutra Pranali - Ureter. There are two ureters one on each

side that carry urine from kidneys to urinary bladder. Length of ureters is 10 to 12 inches. Each ureter is supplied by blood vessels and nerves. Number of ureters may be more, congenitally. If kidney stone passes in ureter and there it gets stuck it may cause severe pain resulting in renal colic ureteritis. It may develop due to ascending infection.

Mutra Roga - Diseases of the urinary system.

Mutraghata - In Mutraghata patient is unable to pass the urine or he passes little urine with difficulty though his bladder is full of urine.

Mutrajathara - Retention of urine causing distension of the lower abdomen.

Mutrakrichchhra - Dysuria.

Mutral - Diuretic.

Mutramеха - Polyuria.

Mutrashaya - Urine Bladder.

Mutratita - Chronic difficulty and delay in micturition.

Mutravidhi Yantra - Canula.

Mutrotsanga - Blood discharge with urine.

Mutrtakshaya - Uraemia.

Muttoli - Broad, winding.



Naadi - Pulse.

Nabhi - Omphalos.

Nadi - Nerve.

Nadi hingu - The plant Dikamali Resin or gardenia Gumifera. Nirryasa (gum) of this plant is used medicinally.

Nadi yantra - Tubular instruments Speculum.

Nadika - A division of time measuring about 30 minutes.

Nadiroga - Diseases of new-born babies.

Nadishaka - Corchorus capsularies Linn. A plant species.

Nadivrana - Sinus of fistula.

Naga 1 - Snake.

Naga 2 - Lead.

Naga Danta - Tiaridium Indicum. A plant species.

Naga Jivhika - Arsenic Rubrum.

Naga Visha - Lead poisoning.

Nagabala - Uraria Lagopodioides. A plant species.

Nagadanti - The plant Croton oblogifolius Roxb.

Nagakesara - The plant Mesua Ferra. Indian ironwood. Pollen (Keshara) of its flower is medicinally used. Also called Nagakeshara.

Nagaphani - The plant Euphorbia tirucalli. Stem, root and leaves of this plant are used for medicinal purposes.

Nagaram - The term literally meaning 'of city'. This is in reference to the way the plant is used in cities. Synonym to Ardraka, Shunthi, the wet or dry ginger.

Nagarmustaka - The plant Cyperus rotundus. Tubercles, roots of this plant are used for medicinal purposes.

Naipali - Arsenic Rubrum.

Nakha - Nail. These form dorsal surfaces of tips of fingers and toes. These help limit distortion of phalanges during mechanical stress. Body of nail covers the nail bed and nail production occurs at nail root. The deepest portion of nail root lies very close to periosteum of bone of fingertip.

Nakhashastra - Nailparer.

Nakra - Alligator / crocodile. (One of the species of fauna mentioned in the Ayurvedic texts.)

Naktamala - The term literally meaning 'garland of the night' as these flowers bloom by night. Synonym to the plant Karanja, and Naktamalika.

Naktandhya - Night blindness. It is a disease caused by the vitiation of Kapha and in which the patient is unable to see in the night but can see well in the daylight.

Nakula - Mangoose. (One of the species of fauna mentioned in the Ayurvedic texts.)

Nakulandhya - Nyctalop. It is a variety of night blindness in

which patient in the day also sees peculiar outlines and his eyes (iris) shine like that of a mangoose (Nakula).

Nala - Nodding reed.

Nalaka - Tubular bones. (Hollow like a reed); any long bone of the body, e.g. the tibia or the radius of the arms.

Nalamina - A kind of fish. (One of the species of fauna mentioned in the Ayurvedic texts.)

Nali 1 - Canal.

Nali 2 - The plant *Pennisetum glaucum* R Br.

Nalvana = 8.292 Kgs. approximately. (A unit of measurement.)

Namana - Bending.

Nandimukha - A kind of aquatic bird. (One of the species of fauna mentioned in the Ayurvedic texts.)

Naranga - Orange, *Citrus aurantifolia*. Fruits and flowers of this plant are used for medicinal purposes.

Narasara - Ammonium chloride.

Narikela - Coconut plant. All parts, fruit, flower, oil and fermented juice useful in treatment of such diseases as Aamapitta/Parinamashula, Ashmari, Jalodara, Unmada, Trishna Daha, Vishuchika, and Shula (Aamaja type).

Nasa - Nose.

Nasa Roga - Diseases of the nose.

Nasagata Raktapita - Epistaxis.

Nashtartava - Amenia; amenorrhoea.

Nasya - Medication through nose. This method has been found to be very effective. The expert physician should administer Dravya for Brimhana, Shodhana and Samana through nose for the well being of the organs or cure of the diseases of ear, nose, throat and the brain (Urdhajatru-Gata Vyadhi).

Sodhana is recommended in stiffness, numbness, heaviness and similar symptoms appearing in the Urdhajatru (ear, nose, throat and brain) due to Kapha. Tarpana is especially suitable for soothing

in diseases like Sirashkampa, Ardita and other diseases due to Vata. Samana Nasya is useful in bleeding etc. (Also see Nasya vidhi and Nasya methods) .

Nasya methods - They are five methods of Nasya, viz. (i) inunction (Navana), (ii) instillation of nasal drops (Avapidana), (iii) insufflation (Dhamapana), (iv) inhalation (Dhumra) and (v) topical application (Pratimarsa).

Nasya vidhi - Nasal medication: Three kinds - 1. Virechana - purgatory; 2. Brimhana/ Snehana - nourishing; lubricating; 3. Samana - palliative.

Navanit - Butter.

Navanitaka - Butter.

Neelmeha - The plant Nerium Odorum. Roots and root bark of this plant are used for medicinal purposes.

Netra - Eye. It is an organ of sight and focuses an image onto the retina. Two eyes work in co ordination under control of brain. Each eyeball moves by six delicate muscles. Eyeball has a tough outer coat the

sclera. Sclera is a white portion of an eye. The circular part of cornea is transparent and protrudes slightly. Cornea is main lens of eye and performs most of focusing.

Behind cornea is shallow chamber full of aqueous humour at the back of which is iris with its central hole, pupil. Pupil looks black and its size is altered with looks black and its size is altered with changes in light intensity. In the inside of the back of eye is retina, a complex structure of nerve tissue on which image is formed by the cornea.

The eyeball is sealed off from the outside by a flexible membrane called conjunctiva. The conjunctiva contains many tiny tear secreting and mucus producing glands.

Each eyelid contains about 30 tiny glands opening along the lid margin behind the roots of lashes. Glands secrete oil preventing lid margin to adhere during sleep.

Netra Roga - Disease of the eye.

Netrabhishyanda - Conjunctivitis. Netrabhishyanda is an

eye disease characterized by the inflammation and redness of the conjunctiva accompanied by various types of pain and watery discharge from the eye. Its other symptoms include feeling of stiffness, burning sensation, heaviness or itching in the eyes and headache. In some cases pus may also form.

Netra-bindu - This is a liquid lotion to be dropped in eyes to cure eyetroubles.

Nichula - *Barringtonia acutangula* Linn Gaertn. A plant species.

Nidradhikya - Hypersomnia.

Nidrajanana - Hypnotios. A drug that brings sleep.

Nighartana - Hammering.

Nikochaka - *Pinus gerardiana* Wall. A plant species.

Nila drum - Blauholz. A plant species.

Nilagiripatra - The tree *Eucalyptus*.

Nilika (Nila) - *Indigofera tinctoria*. All parts of this plant are used for medicinal purposes.

Nillen - Melted material.

Nilotapla - Blue lotus. Leaves of this plant are used for medicinal purposes.

Nimba - The famous Neem tree. *Azadirachta Indica*. All parts of this plant are used for medicinal purposes. This has been noted as very effective in terms of its anti-worm properties as well as as a blood-purifier. Useful in treatment of such diseases as Kamala, Kustha, Vatavyadhi, Vranashotha, Shula (Pittaja), Yoni Daha/ Kandu, and Daha.

Nimbu - Lemon. Fruits useful in treatment of such diseases as Agnimandhya/ Ajirna, Arochaka, Kamala, Chhardi, Vatakantaka, Vishuchika, Shula (Aamaja) Shula (Vrikka).

Nirama - Free from undigested materials.

Nirghatana - Pulling out after crushing.

Nirgundi - A herbal plant useful in treatment of such diseases as Apasmara, Galaganda, Jvara, Vishama Jvara, Vatavyadhi, Gridhrasi, Arunshika, Snayuka.

Nirudha prakash Yantra -
Prepuce or urethral dilator.

Nitamba - Breech. Buttocks.

Nyanku - A kind of antelope.
(One of the species of fauna
mentioned in the Ayurvedic
texts.)



Odana - Cooked rice. (One of
the food-preparations men-
tioned in the Ayurvedic texts.)

Osha - Heatstroke.

Oshthabheda - Harelips.



Pachaka - Digerant.

Pada anguli - Phallanges.

Pada Kurcha - Metatarsals.

Pada tala - Tarsals.

Padabhramsha - Fallen arch or
flatfoot. An indisposition.

Padadari - Due to excessive
walking or due to dryness
caused by Vayu, the painful
fissures appear in the sides of
the sole and base of the toes.
This condition is known as
Padadari.

Padajanudaya - Foot and knee
presentation (delivery-related
terminology).

Padma Keshara - Lotus
stamen, medicinally used for
various purposes.

Padmaka - A herbal species.
The term literally meaning 'the
plant with lotus like red spots
on the fruit'.

Padmkapushkara - A species
of bird. (One of the species of
fauna mentioned in the
Ayurvedic texts.)

Padodaya - Footling presenta-
tion (delivery-related terminol-
ogy).

Paittika - Caused due to
disorder in Pitta (bile) humor.

Paittika Chhardi - In this condition patient vomits out yellowish, greenish or smoke coloured material having bitter taste with burning sensation. Other symptoms include thirst, dryness of mouth, giddiness and fainting.

Paittika Hridroga - Feeling of heaviness and fatigue in the heart, thirst, burning sensation, sweating, dryness of mouth and fainting are the symptoms of Paittika Hridroga.

Paittika Jvara - High temperature accompanied with diarrhea, vomiting, bitter taste in the mouth, thirst, boils on lips, nose, mouth and throat, delirium, fainting and unconsciousness are the signs and symptoms of Paittika-Jvara.

Pakahamsa - An aquatic bird. (One of the species of fauna mentioned in the Ayurvedic texts.)

Paksha - (A unit of time) One-fortnight/fifteen days.

Pakshaghata - Paralysis. It is the complete or partial loss of controlled movement caused by the inability to contract one or more muscles. Paralysis

may be temporary or permanent.

Paralysis of half of the body is called Pakshaghata or Pakshavadha (hemiplegia). Losses of motor function of one side, numbness and pain in the affected side or in the whole body, inability to walk i.e. limping, occasional impairment of speech are the general signs and symptoms of Pakshavadha. If Pitta is involved patient may also become unconscious. Paralysis of all four limbs and trunk is called quadriplegia. Paraplegia is paralysis of both legs.

Very common disorder causing paralysis is stroke in which damage to part of brain is caused by bleeding from or blood clotting in a vessel. Paralysis develops on the opposite side of brain damage. Paralysis can be caused by damage to the spinal cord, from a fractured spine, or due to accidents.

Pakshama - Eyelash.

Pakshavadha - Hemiplegia.

Pakvatisara - If the patient of Diarrhea feels lightness in the body and his faeces does not

sink in the water. This condition is known as Pakvatisara.

Pala = 32 gms. approximately.
(A unit of measurement.)

Palala - Sweat meat of sesame.
(One of the food-preparations mentioned in the Ayurvedic texts.)

Palandu - Onion. Useful in treatment of such diseases as Apasmara, Vishuchika, etc.

Palanka - Beet vegetable.

Palash - The tree Butea semen.

Palitya - Premature graying of hair is known as Palitya.

Pama - Kind of eczema. Pama is a skin disease characterized by appearance of numerous pimples with discharge, itching and burning sensation particularly between fingers, on the border of the hand, thighs, buttocks etc. If there is severe burning sensation in the vesicles, particularly of hand and buttocks then this indisposition is known as Kachchu.

Panaka - Beverage. (One of the food-preparations mentioned in the Ayurvedic texts.)

Pancha Aja - Goat's milk,

ghee, curd, urine and excreta.
[The term 'Pancha' meaning five.]

Pancha Gavya - Cow's milk, ghee, curd, urine and excreta.
[The term 'Pancha' meaning five.]

Pancha Kola - The five hot herbs including Pippali, Pippalimula, Chavya, Chitraka and Shunthi (also called Panch Ushna). [The term 'Pancha' meaning five.]

Pancha Mahish - Buffalo's milk, ghee, curd, urine and excreta. [The term 'Pancha' meaning five.]

Pancha Mrittika - Five kinds of soil. 1. Valmika - soil obtained from the anthill of white ants, Dhuma - black soil, Gairika - morrom, Eshtaka - powder of bricks, Pandulavana - general soil. [The term 'Pancha' meaning five.]

Pancha Mula (Brihat i.e. Major) - Bilva (bael fruit), Shyonak (*Oraxylum indicum*), Gambhari (*Gmelina Arborea*), Patala (*Stereospermum suaveolens*), Arni (*Premna Integrifolia*). [The term 'Pancha' meaning five.]

Pancha Mula (Laghu, ie. Minor) - Shalaparni, (Desmodium gangeticum), Prishniparni. (Vraria lagopoides) Brihati (minor - Solanum indicum), Brihati major (Solanum Xanthocarpum), and Gokshuram (Tribulus Teestris). [The term 'Pancha' meaning five.]

Pancha Pallava - The leaves of five fig trees: Amra (Mango), Jamubu (Jamun), Kapittha (woodapple Feronia eliphantum), Bijapurna (Lemon) and Bilva (Bael).

Pancha Trinamula - Kush (Andropogon Naridioides), Kash (Saocharum Spantaneum), Shar (Anmdropogom Citratus), Darbha (Poa Cynosuroides), and Ikhsu (Sugar cane). [The term 'Pancha' meaning five.]

Pancha Ushna - The five hot herbs including Pippali, Pippalimula, Chavya, Chitraka and Shunthi (also called Panch Kola). [The term 'Pancha' meaning five.]

Pancha Valkala - The barks of the five trees: Udumber - Ficus

Glomerata, Pippal - Ficus Religiosa, Parish - Hibixus, Plaksh - Ficus Infectonia and Vata - Banyan. [The term 'Pancha' meaning five.]

Pancha Vallimulam - The group of five hubs including Vidari-Ajashringi-Haridra-Ananatamula-Guducha. [The term 'Pancha' meaning five.]

Panchalavana - Five kinds of salts: They include Saindhava (Rock Salt), Sauvarchala (obtained from Sambhar lake, Rajasthan, also called Ruchaka), Vida (black salt, common salt + soda carbonate, etc.), Samudra (Common Sea - salt), and Audbhida (salt obtained from soil also called Reha). The common salt from ocean reached the world of Ayurveda late. Hence, its use was avoided generally. Reference to salt in Ayurveda as a rule relates to the rock salt only. [The term 'Pancha' meaning five.]

Panchanga - Bark, leaves, fruit, flowers and roots of the plant. [The term 'Pancha' meaning five.]

Panchangi - A five tailed

herbal plant something having five limbs. [The term 'Pancha' meaning five.]

Pandu Roga - Anaemia, Pandu is a disease in which the colour of the patient changes to pale due to significant qualitative or quantitative reduction in the red blood cells of the blood (Rakta). Its prodromal symptoms include palpitation, dryness, absence of sweating and fatigue. Pallor, diminished digestive power, aversion of food, excessive salivation, fatigue, weakness, loss of body luster, giddiness, irritability, fever, disliking for cold things, pain and cramps in limbs, heaviness in the body, breathlessness during exercise like climbing are the common signs and symptoms of Pandu Roga.

Pangulya - Deformed foot.

Panimanika = 8 gms approximately. (A unit of measurement.)

Panitala = 8 gms. approximately. (A unit of measurement.)

Panka 1 - Muck soil.

Panka 2 - Syrup. This is

prepared with sugar or sugar candy or juice of sweet fruits as its base. The drug is kept boiling into water till it becomes sticky.

Panna - Emerald.

Parad Vikara - Mercurial poisoning.

Parada - Mercury.

Parasika Yavani - Benbane.

Paribhadra - A herbal species useful in treatment of such diseases as Krimi.

Parigarbhika - The breast feeding by a woman who is pregnant causes in the child, the symptoms like vomiting, loss of appetite, indigestion, enlargement of the abdomen, drowsiness, loss of weight, cough and illusion. This condition is known as Parigarbhika.

Parijat pushpa - Amaranth.

Parijata - The plant Weeping cyctanthes. A herbal species useful in treatment of such diseases as Adhijihvika, Jvara.

Parijataka - The plant Nyctanthes arbortristis. Leaves and bark used in various drugs.

Parinama Shula - Duodenal Ulcer. This type of pain is caused by the ulcer in the duodenum. In this indisposition the pain occurs after digestion of food i.e. 3 to 4 hours of taking the meal. Its other symptoms are burning sensation, nausea and vomiting.

Parisa - The plant *Thespesia* *Pupulnea*. Bark and leaves of this plant are externally used.

Parisheka - Pouring warm liquids on the body.

Parnayavani - The plant *Coleus aromaticus*. Leaves and roots of this plant are used in drugs.

Parpata - A herbal plant. Five leaved fumitory.

Parpati - A medicinally useful substance obtained through the following process. Prepare *Kajjali* of the drugs and place it in the ghee coated big pan. Heat it on the fire and melt it to the liquid consistency. Thereafter, transfer it on the leaf of *Kadali* (plantain) which is kept on the cow dung and immediately press it with another leaf of *Kadali*. On

cooling collect the thin plate of the medicine. This is known as *Parpati*. Powder it and preserve for use.

Parshni - Heel-calcaneus.

Parshuka - Rib.

Parshva - Flanks.

Parshvasthi - Ribs.

Parshvavatarana - Transverse presentation (delivery-related terminology).

Parshvavimarda - Breathing difficulty.

Parsika Yavani - The plant *Hyoscymus niger*. All parts of plant particularly its seeds are medicinally useful.

Partyanga - Minor parts that are attached to such major parts, as the eyes, heart etc, are the *Partyanga*.

Parushaka - A herbal species. The term literally meaning 'hard, rough, shaggy'. This is in reference is to the surface of the leaf of this plant. *Grewia asiatica*.

Parushakadi Gana - Group of herbs including *Parushaka*, *Draksha*, *Kataphala*, *Dadima*,

Rajadana, Katakaphala, Shakaphala, and Triphala.

Pasha - Chain; something sufficient to hold some material.

Pashanabadra - Jade. Useful in treatment of such diseases as Atisara.

Pashanabhedaka - The plant *Bergenia lingulata* Wall. The term literally meaning 'a stone breaker'. This is in reference to its effect on urinary calculus.

Pashanagarbha - Mumps, parotitis.

Pashanagardabha Jvara - **Pashanagardabha Jvara** is a condition where along with fever a smooth, immovable, tender gland appears behind the ear due to the swelling of parotid gland related with the formation of saliva. At first inflammation sets in one side with pain and a moderately high fever but it may involve other side also. The attack lasts four to six days and may lead to the complications like swelling of scrotum. It is a contagious disease affecting particularly the children and young adults.

Pashchat Karma - Post-operative procedure that includes:

- a. vrana sodhana - cleaning & dressing.
- b. kavalika, kusapatra sivana-bandhana, etc. - dressing, suturing, splints etc, bandaging, etc.
- c. rakshoghna karma - protective rite, anti bacterial fumigation etc, prevention of sepsis.
- d. care of the patient - food, rest, non-activities, etc.

Pasta - Pasted cereals / pulses, especially horse- bean. (One of the food-preparations mentioned in the Ayurvedic texts.)

Patal gadudi - *Cocculus hirsutus*. A herbal plant. Its leaves and roots are used in various drugs.

Patala - *Stereospermum suaveolens* DC. A herbal plant.

Patana - Tearing, dividing.

Patanga - Sappan.

Patha - The plant False pareira, *Cissampelos Pareira*. Leaves and root bark used in medicines.

Pathina - A kind of sheat - fish. (One of the species of fauna

mentioned in the Ayurvedic texts.)

Pathya - Useful meal items, diets, exercises, etc. Opposed to Apathya.

Patola - A species of small cucumber snake gourd.

Trichosanthes cucumerina. All parts, fruits used in various formulas.

Patoladi Gana - Group of herbal plants including Patola, Chandana, Rakta Chandana, Murva, Guduchi, Patha, and Kutaki.

Patra = 2.048 Kgs. approximately. (A unit of measurement.)

Payana - Tempering.

Payasa - Rice cooked with milk and sweetened. (One of the food-preparations mentioned in the Ayurvedic texts.)

Peetadaru - *Adina cordifolia*. Bark and leaves of this plant are used in various drugs.

Peshi - Muscles.

Peya - Liquid with small grains. A kind of beverage. The preparation containing more liquid and little solid is

known as Peya. Cook rice or barely in 6 times of water to get Peya.

Phakka Roga - Rickets. If child is unable to stand within the age of one year, he is likely to suffer from rickets. Delay in sitting up or standing, gastric disorders, cough and cold, sweating on the head; appearance of milk teeth; gaseous distension of abdomen; bowing of arms or legs; chest deformity are the general signs and symptoms of rickets or the Phakka-Roga.

Phanta - It is a hot infusion. A very finely powdered herbal drug is infused in boiling water four, six or eight times greater (in weight) for 2 to 3 hours. The infusion is prepared in earthen vessel and its mouth is kept tightly closed. The infusion is strained before use. If Jiraka, Shuddha Guggulu, Yavakshara, Saindhava, Shuddha Shilajatu, Bhrashta Hingu, Trikatu etc. are required to be added to a Phanta the quantity of these materials should be 1 to 3 g. in any single dose. If Ghrita, Dugdha, Guda, Gomutra, Churna and Kalka

etc. are to be added 3 to 12 g. of them should be added in one dose.

Phenaka - Soap.

Phiranga - Upadamsha (syphilis) not treated properly may become generalized through lymphatics affecting skin, mucous and nearly all the tissues of the body. This condition is known as Phiranga.

Pichchila - Slimy.

Pichu - Applying swab soaked in oil/fat. Cotton swab. A tampon.

Pichu = 8 gms. approximately. (A unit of measurement.)

Pidaka - Diabetic eruption.

Pidana - Kneading, rubbing, squeezing, etc.

Pinas - Ozaena, sinusitis. In the initial stage of the disease patient has the symptoms of heaviness in the head, loss of appetite, discharge from the nose and change in the voice. Later on discharge from the nose becomes thick and it sticks in the sinuses of the nose. Loss of smell and taste

may also occur in this indisposition.

Pinda - Bigger tablets. Mix powered drugs sieved through muslin in enough of water, fresh juice, decoction, honey, raw sugar, or Guggulu as the case may be, to make it into a paste. Then prepare the Pinda by hand. It is also called Vati, Modaka, etc.

Pinjaka - Haritala of arsenic and sulphur.

Pinyaka - Oil of linseed.

Pippali - Long peeper, Piper longum. Its root and fruit are useful in treatment of such diseases as Agnimandaya, Atisara (Aamayukta), Jvara-Kaphaja, Kasa-Shushka, Kasa-Kshayaja, and Dantaveshta.

Pippalyadi Gana - Group of herbs including Pippali, Pippalimula, Chavya, Chitraka, Shringabera (Sunthi), Maricha, Hastipippali (Gajapippali) Harenuka, Ela, Ajamoda, Indrayava, Patha, Jiraka, Sarshapa, Mahanimba Phala, Hingu, Bhargi, Madhuras (Murva), Ativisha, Vacha, Vidanga and Katuki.

Pisacha Karpasa - The plant *Abroma Augusta*. Root, leaves and root barks of this plant are used in various medicines.

Pishtameha - Chyluria. Passing excessive quantity of urine.

Pishti - This is prepared by grounding the drug like *Pravala*, *Shukti*, pearl, etc. in rose water or some juice in a mortar (stone or porcelain).

Pita Chandana - *Cocinium fenestratum* Gaertn. Kind of herbal species.

Pita-Haritala - Oxide of arsenic and sulphur.

Pitamajja - Yellow marrow.

Pitta - Bile. One of the three humours of the body. Pitta is responsible for all biochemical activities in the body. The word pitta is derived from the root '*Tapa*' which means heat (*Santapa*). This is responsible for digestion and metabolism of the body. It is of 5 types viz. *Pachaka Pitta*, *Ranjaka Pitta*, *Bhranjaka Pitta*, *Alochaka Pitta* and *Sadhaka Pitta*.

Pachaka Pitta is located in the *Grahani* (stomach and intestine). Its main function is

digestion and it also augments the other pitta situated in the body.

Seats of function of *Ranjaka Pitta* are liver and spleen. Its main function is to convert *Rasa* into *Rakta* (blood).

Bhranjaka Pitta is found in the skin and it provides pigment to the skin, hair etc.

Alochaka Pitta is situated in the eye; and vision and discrimination of colours are its functions.

Sadhaka Pitta is located in the *Hridaya* and it is responsible for intelligence and ego. It is due to this *Pitta* that all the functions of mind and body are co-ordinated.

Pitta Pranali - Bile duct.

Pitta-papara - *Fumaria purviflora*. A plant species. All parts of plant are medicinally used.

Pittasaraka - Cholagogue.

Pittashaya - Gall bladder. It is a pear-shaped organ situated underneath the liver to which it is attached by fibrous tissue. Bile produced in liver reaches to gall bladder through cystic

duct. Within gall bladder it is stored and concentrated.

Pittashmari Shula - Biliary colic.

Pittathara - Duodenum.

Piyala - The plant Cuddapah almond.

Piyush Granthi - Pituitary gland. The pituitary gland regulates the activities of other endocrine glands and many body processes. It is a pea-size gland hanging from the base of brain. It is attached by a short stalk. According to modern science, the pituitary consists of three parts - anterior lobe, intermediate lobe and posterior lobe. Different lobes of pituitary secrete different hormones.

Piyusha - 1. The milk of a cow during the first seven-day's after calving. 2. Nectar.

Plaksha - The plant Ficus lacor. Its bark is used in various preparations.

Plandu - Onion.

Plava - A kind of aquatic bird. (One of the species of fauna mentioned in the Ayurvedic texts.)

Pliha 1 - Spleen.

Pliha 2 - Splenic abscess.

Pliha Vriddhi - Enlargement of liver and spleen; infantile cirrhosis.

Pliharoga - Splenic diseases.

Plihodara - Enlargement of liver (yakrit - an important organ of the body situated in the right upper portion of the abdomen) is called Yakriddalyudara. Spleen (pliha) is situated in left upper portion of the abdomen and its enlargement is called Plihodara. In addition to the enlargement of liver or spleen, low-grade fever, thirst, loss of appetite, indigestion, weakness, constipation, emaciation, and pallor are the general signs and symptoms of Yakriddalyudara and Plihodara.

Plusta - These are the simple burns where colour of the skin is considerably affected and the skin is shriveled as a result of scorching.

Polika - Muffin. (One of the food-preparations mentioned in the Ayurvedic texts.)

Pothaki - The plant Trachoma.

Pothaki is a contagious disease characterized by appearance of small and red coloured papules in the conjunctiva of the lid and accompanied by itching, and pain.

Prachchada - Birds living under cover of tree.

Prachchhana - Scratching, scarifying.

Pradhamana - Insuffition.

Pradhana Karma - Operation proper (other related terms include Purva and Pashchata Karmas).

Prahara - A division of time approximately equal to 3 hours.

Praja-sthapana - Procreant.

Prakoshtha - Forearm radius-ulna.

Prakuncha = 32 gms approximately. (A unit of measurement.)

Pralepaka Jvara - Low fever with cold, feeling of coating of the whole body in sweat and heaviness are the symptoms of Pralepaka Jvara.

Pramarjana shalaka - Rod for

cleaning the skin etc, a surgical instrument.

Prameha - Urinary disorders connected to diabetes mellitus. Prameha is a group of urinary disorders characterized by the passing of turbid urine in excessive quantity. Depending upon the causative factors, colour, consistency and quantity of urine, etc. twenty types of Prameha have been narrated. Signs and symptoms of common varieties of Prameha and their treatment are as follows.

1. **Udakameha** - In Udakameha, patient passes large quantity of cold, colourless, odourless and slightly turbid and slimy urine.

2. **Shukrameha** - In Shukrameha, patient passes semen during urination, or semen mixed urine or discharges with slight sexual excitement even due to emotion.

3. **Ikshumeha** - Ikshumeha is an indisposition in which the patient passes urine-containing sugar and which resembles with the juice of sugar cane.

4. **Hastimeha** - Patient of Hastimeha passes voluminous

urine of slimy consistency continuously for a long time without any obstruction.

5. Madhumeha - All the Prameha of long duration or which are neglected lead to the condition known as Madhumeha (diabetes mellitus). It may also occur independently. In this disease patient passes sweet urine like honey and his sugar level of blood rises considerably above the normal limits.

Prameha Pidika - Carbunculus.

Pranaga Vriksha - Dragon tree.

Prana-vayu - The vital wind, oxygen.

Prapaundrika - Nelumbo sps. A herbal species.

Prapunda - Cassia Tora Linn. A plant species.

Prasanna - Upper layer of liquor.

Prasarani - Paederia foetida Linn. A plant species.

Prasha - See Lehyam or Avaleha. Linctus.

Prasrita = 64 gms. approxi-

mately. (A unit of measurement.)

Prastha = 512 gms. approximately. (A unit of measurement.)

Pratara Sandhi - Gliding / pivot joint.

Pratarash - Breakfast.

Pratihari Sira - Portal vein.

Pratikshura - Transverse position (of fetus).

Pratisarana - Coating the interior of the mouth.

Pratishyaga - Coryza, common cold.

Pratishyaya - A disease. Prodromal symptoms of Pratishyaya are sneezing, heaviness in the head, stiffness and pain in the body.

Prativisha - Aconitum Palmatum. A herbal species. Its roots are used in medicines.

Pratuda - The birds eating by pricking with their beak.

Pravahika - Dysentery. It is a severe infection of intestine causing diarrhea mixed with blood, pus and mucus. There is an abdominal pain too. Faecal

matter is little but blood-stained watery mucus is there. Bacillary dysentery is caused by shigella. Amoebic dysentery is caused by parasite *Entamoeba histolytica*. It starts more gradually and often runs a chronic course.

Pravala - Coral (one of the minerals mentioned in the Ayurvedic texts).

Prishniparni - The plant *Uraria picta*. The term literally meaning 'leaf, variegated, speckled'. A herbal species. Its roots are used in medicines.

Prishta Vamsha - Vertebral column.

Prishtha - Back of the body.

Prishthamukhi Shayan - Prone position. The patient lies flat on bed with face downwards and hands kept folded over pillow. One pillow is given at head end for resting of chin and hands. One pillow under abdomen and one under legs. More or less no part of body rests on direct mattress. This position is useful in postoperative cases, operation over spine and tonsillitis. It prevents bedsores.

Prishthavamsha - Vertebral column.

Pristha - Back.

Prithuka - Flattend rice obtained from boiled paddy. (One of the food-preparations mentioned in the Ayurvedic texts.)

Priyala - *Buchanania lanzan* spreng. A herbal species.

Priyangu - *Callicarpa macrophylla* vahl. A herbal species.

Priyanguvadi Gana - Group of herbs including Priyangu, Samanga (Lajjalu), Dhataki, Punnaga (Turiga), Nagapushpa (Nagakeshara), Chandana, Kuchandana (Raktachandana), Mocharasa, Rasanjana, Kumbhika (Jalakumbhi), Srotanjana, Padmakeshara (Kamala Keshara), Yojanavalli (Manjistha), and Dugdhamula (Shalaparni or Durlabha).

Prshata - Spotted deer. (One of the species of fauna mentioned in the Ayurvedic texts.)

Pudina - Mint.

Puga - Betel nut. *Areca catechu* Linn.

Punaravartaka Jvara -
Relapsing fever.

Punarnava - The term literally meaning 'again new'. This is in reference to the tissue ripening action of this plant. Pigweed. The plant *Boerhavia diffusa*. All parts of plant, leaves and root useful in treatment of such diseases as Jalodara/Shotha, Drishtidaurbalya.

Pundarikam - A herbal species. The term literally meaning 'extremely white'. A very white lotus. Pundarika kesaram is the stamens of the flower.

Punnaga - The plant *Calophyllum inophyllum*. Bark, leaves, seeds and gum resin of this plant are used for various drugs.

Punnaga Vriksha - The tree *Dracaena draco*.

Pupalika - Flour with vegetables, salt, condiments and fried in ghee. (One of the food-preparations mentioned in the Ayurvedic texts.)

Pupata - Bread. (One of the food-preparations mentioned in the Ayurvedic texts.)

Purana - Filling.

Purisha - Faecal matter.

Purishaja Anaha - In this indisposition, symptoms like retention of faeces and urine, acute pain, fainting, vomiting of faecal matter and oedema are noted.

Purodasha - Barley-cake. (One of the food-preparations mentioned in the Ayurvedic texts.)

Purshuka - Last rib.

Purva karma - Pre-operative procedures:

- a. shastradi shuddhi - cleansing the instruments, etc.
- b. atura upakrama - preparing the patients.
- c. sangya harana - use of anaesthesia, etc.

Pushaka - Rib.

Pushkara - A kind of fish. (One of the species of fauna mentioned in the Ayurvedic texts.)

Pushkara - Costres.

Pushkaramula - *Inula racemosa*. A herbal plant. Its roots are used as medicine.

Pushpaka - Calyx of brass or green vitriol used as a collyrium.

Pushpakashisha - Green vitriol.

Pushpapatanga - Butterfly.

Puta - See putapaka.

Puta-Paka - Method of preparing drugs (the various substances being wrapped up in leaves, covered with clay, and heated in fire). The various drugs require different degree of heat to prepare their Bhasma. For this purpose prescribed Agni (fire) is used, which is known as Puta and this whole process is called Puta Paka. Commonly used Puta are as follows:

Surya Puta or Raudra Puta

The drug is contused in the prescribed Svarasa and pellet exposed to heat of sun till dried.

Chandra Puta - The drug (Dhatu, Upadhatu, Ratna, Upratna) is contused in prescribed medium (Kvatha, Svarasa, Arka, etc.) in moon-light till pellet is dried.

Maha Puta - Dig a round pit into the ground, which should be half Vysma (about 115cm.) deep with one Hasta (about 46cm.) in radius. Fill its half portion with dried cow

dung cakes. Place the Musha (the herb pot) on it and fill the remaining half also with dried cow dung cakes. Fire and allow cooling after complete burning of the fuel (Svangashita). Thereafter, remove the saucer, open the joint and take out the drug carefully. Powder it and preserve for use.

Gaja Puta - Dig a pit having 92 cms. length, breadth and depth in the ground. Fill it with dried cow dung cakes and place the Musha (the herb pot) in the centre. Prepare the medicine in the same manner as described in Mahaputa.

Varah Puta - Dig a 46 cms. long, broad and deep (nearly half of the Gajputa) pit in the ground. Fill it with cow dung cakes. Place the Musha in the centre and fire the cakes. Prepare the medicine as in Mahaputa.

Kukkuta Puta - Prepare a fire of Vanyopala (dried cow dung cakes) stocked in 42.5 cm. length and breadth over ground to a height of 42.5 cm. with Musha (the herb pot) in the centre. Fire and prepare the drug as mentioned in Mahaputa.

Gorvara Puta or Bhanda Puta - Musha (the herb pot) fried by placing in the centre of a bigger vessel which is filled with cow dung dust (Gorvara) or husks of paddy is known as Gorvara Puta or Bhanda Puta respectively.

Baluka Puta - Place the Musha (the herb pot) in the centre of a strong vessel that is filled with hot sand. Allow it to cool, collect the medicine and powder it.

Bhudhara Puta - Dig a pit of suitable size. Fill it with 2.5-cm. deep layer of sand. Keep the Musha (the herb pot) on it and place 2.5 cm. thick layer around the Musha. Fire with cow dung; allow cooling and preparing the medicine as described in Mahaputa.

Lavaka Puta - Make a heap of cow dung to a height of 15 cm. In the centre keep the Musha (the herb pot) and fire. Allow it to cool before collecting the medicine.

Putapakva - This is a special process of extracting juice of drug plant by roasting it in a particular way. A bolus is made of the fresh clean plant or of the part to be used as a drug;

the bolus is enclosed in layers of leaves of the jambu tree or of the banyan tree or of castor oil plant; the leaves are kept in position by means of a string. This leave covered bolus is surrounded by a plaster of an inch or two thick of wet mud and cloth. The whole mass is roasted till the mud plaster turns red hot; the roasted bolus is then removed from its coverings and its juice is squeezed out. This juice is used. This is the process of Putapakva.

Puta-yukti - The application of method called Puta-Paka.

Putighranata - Halitosis.

Putihara - Deodorants.

Putikaranja - Caesalpinia crista. A plant species.

Putishravana - Suppuration of the inner ear.

Putrika - Tragus (part of ear).

Puya - Pus. A fluid product of inflammation, which consists of a liquid containing leucocytes and the debris of dead cells and tissue elements liquefied by the proteolytic and histolytic enzymes. It is a

thickened yellowish-green discharge from wound or so. It is a mixture of dead and live leucocytes.



Raga - Pickles / Condiments. (One of the food-preparations mentioned in the Ayurvedic texts.)

Ragakhadava - Special liquid preparation. (One of the food-preparations mentioned in the Ayurvedic texts.)

Ragi - *Elesine coracana* Linn. A plant species.

Raja - Dust.

Raja Champa - *Caulophyllum*. A plant species.

Raja patta - Magnate stone.

Rajah - Cataminial discharge.

Rajani - *Haridra*. Turmeric.

Rajata - Silver (one of the minerals mentioned in the Ayurvedic texts).

Rajayakshma - Tuberculosis. This is a wasting disease characterized by low-grade fever, loss of appetite, night sweating and loss of weight. In all cases of unexplained fever, one of the causes may be tuberculosis. Its other symptoms depend upon the organ of the body involved. Lung is the most commonly involved organ. In cases of rajyakshma patient may have the symptoms like evening rise of temperature, cough, haemoptysis, hoarseness of voice, night sweating, loss of appetite, loss of weight, pain in scapular region and ribs and burning sensation in sole and palm.

Rajika - Red mustard, *Brasica juncia*. Seeds and oil of this plant are useful in treatment of such diseases as Pravahika, Udara Shula, Sandhivata, Vrana Shotha.

Rajika = 1mgs. approximately. (A unit of measurement.)

Rajiva - A species of fish. (One

of the species of fauna mentioned in the Ayurvedic texts.)

Rajju - Rope.

Rajjukarana - Straightening.

Rajonivriti - Menopause. It is the cessation of menstruation due to reduced production of oestrogen hormone by ovaries. In India, it occurs between the ages of 40 to 50 years. The follicles in ovaries stop producing ova.

During this period genitals undergo atrophy and regression. Ovaries become shrunken and their surfaces grooved and furrowed.

Rakshoghna - Disinfectant.

Rakta - Blood. It is a red coloured fluid that circulates in our arteries and veins. It transports oxygen and has a vital role in body's defense mechanism. It seals damaged blood vessels, protects the injury with a clot and helps to repair damage. Average human being is having about 5 litres of blood in body. At rest 5 litres of blood is pumped by the heart via arteries that returns back by veins. During exercise pumping capacity increases 3

to 4 times. According to modern science, half of the volume of blood consists of the red blood cells and white blood cells. Remainder is a fluid called plasma that contains dissolved proteins, kinds of sugars, fats and minerals.

Rakta Chandana - Red sandal. *Pterocarpus santalensis*. Its wood is used in various medicines.

Rakta Khadira - The Khair tree.

Rakta maricha - Capsicum anum. Its fruit and seeds are used in various medicinal preparations.

Rakta mokshana - Methods of blood letting:

1. Jalaukavacharana - using leeches to suck blood.
2. Alabu, ghata - using hollow gourd or pot - cupping.
3. Shringa - using cow's horn to suck blood.
4. Prachchhana - incising and allowing the flow.
5. Shira vyadha - cutting the vein - venesection.

Rakta Nipida - Blood pressure.

Rakta pitta - Rakta pitta is an indisposition in which bleeding occurs from the upper channels like nose, mouth etc. or from lower channels like anus, urinary passage, female genital organ etc. The epetechial haemorrhage, asthenia, cough, dyspnoea, fever, loss of appetite, indigestion, vomiting, thirst, burning sensation, nervousness, frequent motions, pallor and unconsciousness are the main signs and symptom of Rakta pitta.

Rakta Punarnava - Boerhavia diffuse Linn. A herbal species.

Rakta Sphatika - Chrome alum.

Rakta-Chap - It is the pressure within the artery. According to modern science, the normal range of the blood pressure (BP) is 110 to 130 systolic and 70 to 90 mm Hg as diastolic. The readings are affected by emotions, age, posture and disease. In women BP is little lower than man. As age advances BP raises.

Rakta-granthi - Tumour in the neck of the bladder.

Raktakana-Vardhaka - Haematinics.

Raktaksha - Pigeon or owl. (One of the species of fauna mentioned in the Ayurvedic texts.)

Raktamaricha - Capsicum annum Linn. A plant species.

Raktameha - Haematuria.

Raktanu - Corpuscles.

Raktapada - A bird with red feet / parrot. (One of the species of fauna mentioned in the Ayurvedic texts.)

Raktapitta - Haemorrhagic diseases.

Rakta-Pradara - Excessive uterine bleeding during menses occurring at irregular interval or increase in the period of flow may be known as Rakta Pradara. Excessive bleeding may lead to the symptoms like weakness, thirst, burning sensation, drowsiness, anemia, giddiness, delirium, fainting and unconsciousness.

Raktapristha - Red-backed bird. (One of the species of fauna mentioned in the Ayurvedic texts.)

Raktarasa - Plasma.

Raktashodhaka - Blood purifier.

Raktastambhana - Haemostatic.

Rakta-sthapana - Haemostatic.

Raktatisara - If the patient of Paittika Atisara (diarrhea) due to the further increase of Pitta, passes blood with faeces and develops fever, burning sensation, thirst, gripping pain and swelling of anus, this condition is known as Raktstisara.

Raktavardhaka - A drug that increases the blood.

Raktika = 125 mgs. approximately. (A unit of measurement.)

Rala- Olea-resin of the Shala tree.

Rambana - Panacea.

Rambha - Banana plant.

Rasa - When the Bhasmas and Sindurasa are added with other medicines and made into pills etc. such preparations are termed as Rasas. The term is indicative of the formulas

containing Rasas, Uparasas, Bhasmas of Dhatus and Upadhatus, etc.

Rasaina - A drug that increases the normal body-elements and improves the health and longevity is called Rasaina.

Rasakulya - Lymphatic ducts.

Rasanjana - Dry extract of herberis.

Rasankura - Vile (of small intestine).

Rasaparapta - Cisterna chili. A hebal species.

Rasayana-tantra - Geriatrics.

Rasna - Literally from the verb root *rasana*, 'to girdle'. This refers to its use of being tied at the girdle as an amulet.

Synonym of Kulanjana, Indian groundsel. The plant Alpina galanga. Root stock and fruit of this plant are used for medicinal purposes.

Rasona - Garlic. Useful in treatment of such diseases as Apasmara and Rakatachapa, Karna shula, Gulma, Visham Jvara, Kasa, Bhrama, Vata vyadhi, Ardita, Sandhigata vata, and Hanustambha.

Ratti = 1 gm. approximately.
(A unit of measurement.)

Raudra Puta - A method of pharmaceutical preparation. The drug contused in the prescribed Svarasa and pellet exposed to heat of sun till dried.

Raudrayantra - Pot used in the process of Rudra Puta.

Raupya - Silver (one of the minerals mentioned in the Ayurvedic texts).

Rechana - Purgative.

Retodosha - Seminal disorders.

Richeesh - Frying pan.

Riddhi - *Habenaria intermedia* Don. A plant species.

Riksha - Deer. (One of the species of fauna mentioned in the Ayurvedic texts.)

Riksha mukha Yantra - Bear face like surgical instrument.

Rishbhaka - *Microstylis wallichii* Lindl. A plant species.

Rishya - A white footed antelope. (One of the species of fauna mentioned in the Ayurvedic texts.)

Ritu - (A unit of time) One season/two months.

Rochana 1 - Yellow pigment (one of the minerals mentioned in the Ayurvedic texts).

Rochana 2 - Bile of animals, especially of a cow.

Rodhradi Gana - Group of herbs including Rodhra (Lodhra), Savara Rodhra, Palasha, Kutanata (Shyonaka), Ashoka, Phani (Bharangi), Katphala, Elavaluka, Shallaki, Jingini, Kadamba, Shala, and Kadali.

Roga-mukti - Acesia.

Rohini - Extensive and painful swelling at the base of the tongue.

Rohisha Matsya - Rohu fish.

Rohita - A kind of fish. (One of the species of fauna mentioned in the Ayurvedic texts.)

Romabha - Ciliary.

Romaharan - Haritala of arsenic and sulphur.

Romakupa - Pore.

Romantika - Measles. Small eruptions spread over the entire skin surface. This is a

disease generally affecting the children and characterized by fever accompanied by eruptions of minutely elevated papules. Abrupt high fever, sneezing, redness of conjunctiva, dry cough, loss of appetite are the initial symptoms. On the third or fourth day minute reddish elevated eruptions appear first behind the ears, temples and neck, and within a few hours whole face is involved and then whole body is affected. There is tendency of pimples to coalesce. Within 4 or 5 days of its appearance the rashes completely disappear.

Romasanjanana - A drug that grows the hairs.

Romasatana - Depilatories.

Romkup - Pore.

Ropana 1 - Grafting.

Ropana 2 - Healer.

Ropya - Silver.

Ruchaka - Teeth bone.

Ruchivardhani Peya - Beverage as increaser of taste. (One of the food-preparations mentioned in the Ayurvedic texts.)

Rudhira - Blood.

Rudrajata - Spikenard.

Rudraksha - The plant *Elaeocarpus Genitures* or its berry.

Ruksha - Dry eczema.

Rukshana - Dryness therapy, causing dryness. It is indicated in the disease caused by *Aarna*, *Urustambha* etc. In this type of treatment *Ruksha* and *Tikshna* (hot) drugs are used.

Rukshata - Dryness.

Ruru - A kind of deer. (One of the species of fauna mentioned in the Ayurvedic texts.)



Sadaka - A type of bird. (One of the species of fauna mentioned in the Ayurvedic texts.)

Sadtvaka - Six layers of skin.

Sahachara - *Barleria prionitis* Linn. A plant species.

Sahadevi - *Vernonia Cineria*. A plant species. Its root is used for various medical purposes.

Sahajana - A middle-size maple tree with stick like fruits. Its leaves, flowers and young fruits are used as vegetable. Very effective to check constipation.

Sahajarsha - Congenital piles.

Saindhava - Rock salt (one of the minerals mentioned in the Ayurvedic texts).

Saindhava Lavana - Rock Salt. [Also see Pancha Lavana.]

Sakali - A fish having scales. (One of the species of fauna mentioned in the Ayurvedic texts.)

Sakthi - Leg.

Sala - A plant species. The term literally meaning 'a fence'. As these trees were grown as a fence, a barricade or boundary. The epic *Ramayana* mentions that the city of Ayodhya was surrounded by a barricade of Sala trees. Same as Shala. *Shorea robusta* Gaertn.

Sama - With Aama doshas i.e.

immature Doshas, Dhatus and Mala.

Samagni - Normal digestive power or fire.

Samana - Palliative therapies. They mitigate or decrease the doshas but not expel them out.

Samanga - A plant species. The term literally meaning 'having all the limbs complete'. It is also interpreted as 'one bending down at touch with the whole of its limbs'. Synonym of Lajjala.

Samanya - Simple.

Samavegi - Continuous fever.

Samgya - Orientation.

Sami yantra - Rectal dilator.

Samkhyabheda - Migraine.

Samsargaja - Produced by contagion.

Samsarjana - To bring to the normal diet.

Samshamana - Palliative.

Samsodhana - Curative.

Samtapanivaraka - Antipyretic.

Samudga Sandhi - Symphysis joints.

Samudra Lavana - Sea salt.

Samudrafena - Cuttle fish bone. Os sepia sea foam.

Samudrajala - Brine.

Samudra-kaka - Sea - crow. (One of the species of fauna mentioned in the Ayurvedic texts.)

Samvatsara - (A unit of time) one year.

Samvedana - A complex condition underlying such feelings, actions, and physiological changes as occur in fear, rage, excitement, and so on. In its most obvious manifestations, it is an acute condition characterized by disruption of routine experiences and activities. It is temporary and subjective mental disposition that is different from normal and is the focus of mood. Emotion may be pleasant or unpleasant and may result in stress. Lack of emotional development also indicates mental disorder.

Samyagdagdha - The burn that are not deep and take the colour of dates with intense burning sensation are defined as Samyagdagdha.

Sandamsha yantra - Instruments which bite, forceps, piers etc. These have small teeth such as Muchundi Cruciform Forceps.

Sandhana Kalpana - Fermentation Process. Take an earthen pot or wooden barrel that is cleaned, fumigated by Dhupa (smoke) and coated inside with Ghrita. Add to it water or Kvatha and dissolved in it the required quantity of Guda or Sharkara or Madhu. Thereafter, add the Yavakuta (coarsely powdered) drugs in required quantity. Close the mouth of the vessel and allow the fermentation to proceed for one month in a warm place. Generally for every 12.30 liters of liquid 4.8 kg. of Guda or Sharkara (raw sugar) or Madhu (honey) is required. In case of Draksha, Madhuka or Kharjura which have high saccharine contents in them are to be added in Arishta or Asava, then 3.6.kg. of Guda or Sharkara or Madhu need only be used for every 12.30 liter of liquid.

After fermentation drain off supernatant liquid in a vessel, filter it and fill in

sterilised bottles up to the three fourth of its capacity and stopper it. If Sandhana is done by making the Kvatha of the drug then it is known as Arishta, but when the Sandhana is done by adding the drugs directly to water, then it is known as Asava.

Sandhaneeeya - Union- promoters.

Sandhi-Bhagna - Dislocation. Due to trauma if the displacement of the joint occurs then this condition is known as Sandhi-Bhagna. Losses of movement like contraction, expansion at the affected joint and severe pain in the slightest touch are the main symptoms of Sandhi-bhagna.

Sandhigata Vata - Arthritis.

Sangkha Drava - Take equal part of powder of Shuddha Shangkha, Pancha Lavana, Sphatika, Narasara, Kashisha, Tankana, Yavakshara and Svarjikakshara in a glass still (Tiryaka Patana Yantra). Distill it on low fire and collect the liquid in another bottle. This liquid is known as Shangkha Drava.

Sangyahara - Anaesthetic.

Sangya-sthapana - Resuscitative.

Sanirudddhaguda Yantra - Rectal dilator or bongie.

Sannipatika Jvara - High fever with frequent change in feeling of cold and burning sensation. Pain in joints and head; thirst, dry tongue, noises and pain in ear; cough, blood in sputum, difficulty of speech; appearance of red and black coloured circular eruptions; delayed and scanty perspiration, urine and stool; loss of sleep, torpor, delirium, fainting etc. are the signs and symptoms of Sannipatika Jvara.

Santapa - Pyrexia.

Santarpana - A therapy to stouten the body. This is also known as Brimhana.

Sanyasa - Syncope, coma. Sanyasa is a very deep type of unconsciousness and requires immediate treatment to restore the consciousness of patient. In this condition patient lies like a dead or as a log of wood. It is a state of unconsciousness in which person does not respond

to stimuli. It results due to damage of limbic system, due to head injury or brain tumour, and interacerebral hemorrhage. Other causes include alcohol intoxication, uncontrolled diabetes, hypoxia or meningitis. Measurements of variations in depth of coma are necessary to treat it. In less severe form the person may respond to stimulation by uttering a few words. In severe form person fails to respond to repeated vigorous stimuli. A person may remain in comatose state of deep coma for years with little or no apparent activity in cerebrum.

Saptaha - (A unit of time) One-week/seven days.

Saptala - Ritha, Acacia Concinna. A herbal plant. Its pods and leaves are employed to various formulas.

Saptaparna - Alstonia scholaris. Barks, leaves and milky juice of this plant are useful in treatment of such diseases as Krimi, Vishama Jvara, Charmaroga and Vrana Shotha.

Sapuya hridaya-shoth - Purulent pericarditis.

Sara - Laxative.

Sarala - The Pine tree.

Saralakashtha Taila - Trupentine oil.

Saranga - Peacock / Indian cuckoo. (One of the species of fauna mentioned in the Ayurvedic texts.)

Sarapunkha - Purple tephrosia.

Sarari mukha shastra- scissors

Sarasa - Crane. (One of the species of fauna mentioned in the Ayurvedic texts.)

Sarika - The black bird. (One of the species of fauna mentioned in the Ayurvedic texts.)

Sariva - Indian Sarasparilla. A plant species. Synonym of Ananta.

Sarivadi Gana - Group of herbs including Sariva (Anantamula), Madhuka (Madhuyashti), Chandana, Kuchandana (Rakta), Padmaka (Padmakha), Kashmariphala (Gambhariphala), Madhukapushpa, and Ushira.

Sarjikshara - Narton.

Sarpa - Serpent. (One of the

species of fauna mentioned in the Ayurvedic texts.)

Sarpa nirmoka - Slough of a serpent.

Sarpa tvak - Slough of a serpent.

Sarpadanoha - Snake bite poisoning.

Sarpafana mukha - Lithotomic scoop.

Sarpagandha - A plant species. The term literally meaning 'snake-smell'. Famous and well-known plant *Rauwolfia serpentina* C. Benth ex Kurz. Its root is medicinally useful.

Sarpakshi - *Ophiorrhiza mungos* Linn. A plant species.

Sarpamukha shastra - Knife with two edges.

Sarpavisha - Venom.

Sarpi - She serpent. (One of the species of fauna mentioned in the Ayurvedic texts.)

Sarpimeha - Pyuria, lipuria.

Sarpunkha - *Tephrosia purpurea*. A plant species. Its root and other parts are used in treatment of such diseases as Yakrita Dosha / Plihodara, Balayakrit, and Plihavridhi.

Sarshapa - Mustard grains, their oil, *Brassica campestris* var. Sarson Prain.

Sarshapa = 1 mgs. approximately. (A unit of measurement.)

Sarvagandha - Also referred as *Chatusugandha*. Group of four scented herbs including Camphor, Kankola (cubebs), Aguru (calambac), and Lavanga (clove).

Sarvangaroga - General paralysis.

Sashasradashana - A sort of fish. (One of the species of fauna mentioned in the Ayurvedic texts.)

Sathuna - Incus (ear).

Satina - Pea bean.

Satmya - Wholesome.

Satva - Satva is the core property of a given herb. To obtain it, follow the process below. Cut the green drug into small pieces and process it well with a stone or wedged pestle and mortar. Transfer it to an enameled utensil, add four times of its weight of water, mix and agitate the mix briskly. Strain the matter into another

vessel, cover and allow it settling over night. Decant supernatant liquid settled mass in a dry shadow vessel, cover it well and dry the same in shade.

Satyanashi kateri - Argemone Mexicana. A herbal species. Its roots, seeds and oil are used in medicines.

Saumya Arbuda - Fibroma.

Saura - Kshara salt petre.

Saurashtri - Alum.

Sauvarchala 1 - A variety of salt also called Sauvarchala. Black salt.

Sauvarchala 2 - Linseed, *Linum Usitatissimum*. A herbal species.

Sauvira - *Zizyphus sativa* Gaertn. A herbal plant.

Sauviranjana - Antimony sulphide.

Savedana - Perspiration. It is simple sweating. It is part of the mechanism controlling body temperature under the direction of autonomic nervous system. Sweat glands deep in skin secrete salty water, lactic acid, urea and potassium. It cools the body.

Cold sweats develop during tension and fear. In hyperthyroidism there is an excess of sweating.

Savrana Shukla - It is moderately deep ulcer of the cornea with little warm discharge and pain.

Seevana - Suturing, stitching.

Seka - Pouring warm oil over the head.

Shada Kambalika - Liquid treated with 1. Kapittha, 2.Changeri, 3. Maricha, 4. Krishnajiraka, 5.Chitraka and 6.Takra (whey). [The term 'shada' meaning 'six']

Shada Kola - Maricha (black pepper) and Pancha Ushna or Pancha Kola: the five hot herbs including Pippali, Pippalimula, Chavya, Chitraka and Shunthi. [The term 'shada' meaning 'six']

Shada Yusha - Mudga bean based liquid treated with 1.Kapittha, 2.Changeri, 3.Maricha, 4.Krishnajiraka, 5.Chitraka, 6.Takra (whey). Also called Shada Kamba Lika. [The term 'shada' meaning 'six']

Shadakika - A kind of fish.
(One of the species of fauna mentioned in the Ayurvedic texts.)

Shadava - Confectionary / sweet - meat. (One of the food-preparations mentioned in the Ayurvedic texts.)

Shahatuta - Mulberry.

Shailaja - Brtanun.

Shailayaka - See Shilajatu.

Shaivala - Sea or water weed-algae. Medicinally useful.

Shaiyyamutra - Eneuresis.

Shaka - The teak tree.

Shaka-bilva - The egg-plant.

Shakadhuma - The smoke of burning cow-dung.

Shakha - Branches of trees.

Shakrahava - The seed of Wrighita Antidysenterica, a herbal plant.(see below)

Shakravarta - The plant Wrighita Antidysenterica. 'Fabled to have sprung from the drops of 'Amrita' the nectar which fell to the ground from the bodies of Rama's monkeys restored to life after the war of Lanka.).

Shakti Parna - Alstomia Scholaris. A herbal species.

Shakularbhaka - A sort of fish.
(One of the species of fauna mentioned in the Ayurvedic texts.)

Shakunaka - A kind of vulture.
(One of the species of fauna mentioned in the Ayurvedic texts.)

Shakuni - She-vulture. (One of the species of fauna mentioned in the Ayurvedic texts.)

Shakunta - A kind of bird.
(One of the species of fauna mentioned in the Ayurvedic texts.)

Shakutipaya - A kind of fish.
(One of the species of fauna mentioned in the Ayurvedic texts.)

Shala - Shorea robusta gaertn. A plant species. The term literally meaning 'a fence'. As these trees were grown as a fence, a barricade or boundary. The epic *Ramayana* mentions that the city of Ayodhya was surrounded by a barricade of Shala trees. Same as Sala.

Shalaka - A peg, pin, arrow-head, needle, a probe used in

surgery; also taken as name of a branch of surgery.

Shalaka shastra - Poking needle.

Shalaka Yantra 1 - Probes.

Shalaka Yantra 2 - Rod like instruments

Shalakya-tantra - Minor surgery.

Shalaparni - Ticktre foil. Herbal species.

Shalasaradi Gana - Group of medicinal herbs including Shala, Ajakarna, Khadira, Kadara (Shveta or Puti Khadira), Kalaskandha (Tinduka or Tamala), Kramuka (Puga), Bhurja, Meshashringi, Tinisa (Sadana), Chandana, Kuchandana, Shimshapa, Shirisha, Asana, Dhava, Arjuna, Tala, Shaka, Naktamala (Karanja), Putikaranja, Ashvakarna (Shalabheda), Aguru, Kaliyaka (Pita Chandana).

Shaleshma - One of the three Doshas, better known as Kapha.

Shali - Old variety of paddy.

Shalla - A frog.

Shallaki - The plant *Boswellia thurifera*, its bark is used for a kind of incense.

Shalmali - The plant *Bombaceae Shalmali*. Silk cotton tree useful in treatment of such diseases as Yuvan-Pidika.

Shaluka - Frightful swelling and inflammation inside throat.

Shalya - The extraction of splinter or extraneous substances lodged in the body and causing pain; surgery.

Shalya nirghatana yantra - Foreign body remover.

Shalya-tantra - Surgery.

Shambuka - Snail. (One of the species of fauna mentioned in the Ayurvedic texts.)

Shambukavarta - A fistula of the shape of a shell in the rectum.

Shami - The tree *Prosopis Specigera*.

Shamyosha - The grains or seed of legume or pod.

Shana = 2 gms. approximately. (A unit of measurement.)

Shana 1 - Hemp, cannabis sativa. Herbal species.

Shana Pushpi - The plant *Crotolasia Verrucosa*.

Shangkha 1 - Conch - shell.

Shangkha 2 - Temple.

Shangkha bhasma - The ashes of a burnt shell.

Shangkha Jiraka - Silicate of magnesia.

Shangkha nabhi - Central portion of a Shangkha.

Shangkha pushpi - *Convolvulus pluricaula*. All parts of plant are medicinally useful. The term literally meaning 'conch flower. This is zygomorphic in shape.

Shangkha visha - Arsenic.

Shangkhaka - Disease of the head (pain in forehead) with heat and puffiness of the temples.

Shangkhavarta Sandhi - Spiral (arthrodial) joints:

Shangkhi - The conch - shell.

Shangkhodaka - The water poured from a conch - shell.

Shanku - Scale fish. (One of

the species of fauna mentioned in the Ayurvedic texts.)

Shanku Taru - The tree *Vatica Robusta*.

Shantanu - Wholesome for the body.

Shaphari - A small fish. (One of the species of fauna mentioned in the Ayurvedic texts.)

Shaphuri Kanda - *Caudatum*. A herbal species.

Shara 1 - An aquatic bird. (One of the species of fauna mentioned in the Ayurvedic texts.)

Shara 2 - Excellence of tissues.

Shara 3 - *Saccharum arundinaceum* Retz. A herbal matter.

Sharabha - A fabulous animal. (One of the species of fauna mentioned in the Ayurvedic texts.)

Sharad-pushpa - *Tabernaemontana coronaria*. A herbal species.

Sharakra - Raw sugar.

Sharapunkha - *Tephrosia purpurea* Linn. A herbal plant.

Sharari 1 - A kind of heron. (One of the species of fauna

mentioned in the Ayurvedic texts.)

Sharari 2 - A kind of scissors or an instrument pointed like a heron's beak.

Shararimukha - Pair of scissors.

Sharava = 256 gms. approximately. (A unit of measurement.)

Sharavari - Turmeric or *Curcuma Longa*. A herbal plant.

Sharira - Body and its parts.

Sharira pramana - 84 angula in length - 150 cms. approximately.

Sharira-marjana - Sponging.

Sharkara - 1. Raw sugar or jaggery. 2. A group of drugs based on Sharkara.

Sharkara Kanda - Sweet potato.

Sharkarajatiya - Carbohydrates.

Shasha - Rabbit. (One of the species of fauna mentioned in the Ayurvedic texts.)

Shashaghati mukha - Dental hawk bill forceps.

Shashanta - A brown hawk. (One of the species of fauna mentioned in the Ayurvedic texts.)

Shashthi - Rice, *Oryza sativa* Linn.

Shaskuli - A kind of backed cake rice gruel. (One of the food-preparations mentioned in the Ayurvedic texts.)

Shastra - karma - Operation.

Shastra Chikista - Surgical therapy.

Shastra karya - Functions and uses of sharp instruments.

Shastras - Sharp instruments and accessories.

Shata dhauta Ghrita or **Sahasra dhauta Ghrita** - Process of a drug preparation. Take Ghrita cleaned of the scum, add cold water and Churna of the required drug in a kansya or tinned vessel and decant water. Repeat the process a hundred (= sata) times (Satadhauta) or a thousand (= sahasra) times (Sahasra dhauta) as required.

Shata kunta - Nerium Odorum.

Shatabhisha - Also called Shatabhishaja, pl. see Shatabhishaja below.

Shatabhishaja - 'Requiring a hundred physicians, Name of the 22nd or 24th Nakshatra (groups of stars); its name is said to denote that Dhanvantari the healing god himself cannot cure a person affected with diseases whilst the moon is in this asterism. (Its dates are every year 19 February to 3 March).

Shatamula - A plant species. The term literally meaning 'with hundred roots' i.e. a herb spreading much and rooting at hundred places.

Shataparvika - White flowering Durva grass.

Shatapatraka - A kind of venomous insect.

Shataphalin - A bamboo.

Shatapura - A kind of sugar cane.

Shatapushpa - Anise Pimpinella. Anethum sowa. The aniseed. The term literally meaning 'hundred flowered'. This is in reference to a close cluster of its many flowers as

in an umbel. Useful in treatment of such diseases as Atisara Pravahika, Udara Shula, Agnimandya, Amlapitta Daha, Shiroshula, etc.

Shataruka - A kind of leprosy.

Shatavara - The plant Asparagus Racemosus. Useful in treatment of such diseases as Apasmara, Parinamashula, Jvara, Prameha, Netra roga, Abhisyanda, Rakta pitta.

Shatavari - Asperagus. A herbal plant. Roots and leaves of this plant are used in various diseases.

Shatavirya - A herbal species. The term literally meaning 'of hundred potencies'. Regarded as synonym to Shatavari.

Shati - The plant curcuma Zedoariaj. A partic, kind of ginger the fresh root of which is scented like a green mango.

Shattaka - Flour of rice mixed with water and ghee.

Shaushira - Gingivitis.

Shavaralodhra - A kind of red Sandal. Its wood is used in medicines.

Shayandaka - A lizard.

Shayya Mutra - Some children lose control and empty the bladder and wet the bed. When bed-wetting occurs frequently it is known as Shayya Mutra or enuresis. In primary enuresis there is delay in maturation of neurological control of sphincter and children are never dry at night.

There is mental sub normality. In secondary enuresis causative factor is emotional disturbance and child - parent maladjustment. It may be resentment against parent. These children sleep very soundly and it may be difficult to arouse them.

The signals of distended bladder to empty the bladder do not reach to conscious level of their mind during sleep and this may cause involuntary emptying of bladder.

Shigru - Kind of horse radish, *Moringa pterygosperma*, Bark, Leaves and seeds are employed in various preparations.

Shikharini - Eatable prepared from curd, sugar and water.

Shikhigriva - Copper Sulphate

Shilajatu - *Bratanum*. (Also called *Shilarasa*)

Shilarasa - *Bratanum*. (Also called *Shilajatu*)

Shilindhra - A kind of fish. (One of the species of fauna mentioned in the Ayurvedic texts.)

Shimbi Dhanya - Legumes.

Shinshipa - The plant *Dalbergia Sissoo*. Bark, leaves etc. used in various preparations.

Shira - Head including the neck. Also spelled as *Sira*.

Shira - Veins/arteries - *Mula shira* 10 - root vessels at the heart - 700.

It is a vessel that returns blood towards heart. These carry deoxygenated blood. Blood is collected by venules. Venules form to join veins. Walls of veins consist of smooth inner lining, a muscular middle layer and a fibrous outer covering. Blood pressure in veins is lower than arteries. Walls of veins are thinner, less elastic, less muscular and weaker. Veins when empty collapse while arteries does not. Veins have valves that allow blood to flow in the direction of heart only.

Shirah Shula - Headache.

Shirahsphota - Erysipelas of the head.

Shirastambha - Vascular thrombosis.

Shirisha - A variety of acacia, *Albezia lebbec*. Bark, seeds, leaves and flower useful in treatment of such diseases as *Jvara Granthika*, *Siroroga* (*Arthavabhedhaka*), *Vishama Jvara*.

Shiro basti - Making warm oil to stand on the head for some time.

Shiro Roga - Headache.

Shiro-virechana - Errhine, Snuff.

Shirovirechanopaga - Adjuvant inerrhines.

Shirshagra-Janana - Vertex presentation. A delivery related term.

Shisa - Lead (one of the minerals mentioned in the Ayurvedic texts).

Shishna - Penis.

Shitajvara - Ague.

Shitakashaya (*Hima*) - Cold infusion. In this process, the

powdered drug or drugs are kept into cold-water pot for overnight. To obtain a *Shita Kashaya* or *Hima* place cleaned and washed drug in *Yavakuta* (cut to small pieces) form, in an earthen glass or porcelain vessel. Add six times its weight of water into the pot; allow the drug to macerate overnight. Next morning crush the pulp with fingers and strain it through washed muslin, use the liquid as *Shita Kashaya*.

Shitala - Small Pox. *Varicella*.

Shitaphala (*Sarifa*) - The custard apple. Its fruit, seeds and leaves are used in various preparations.

Shitapitta - *Urticaria*.

Shita-prashaman - *Calefacients*.

Shivtra Roga - *Albaras*.

Shleshmika Kala - *Conjunctiva* (eye diseases).

Shlipada - *Elephantiasis*.

Shlipada is a progressive swelling of lower limb that generally develops after the attack of fever. In this condition due to solid oedema the foot and leg of the patient

become hard like stone.

Sometimes the disease also affects hand and scrotum.

Shodhana - Purificatory therapies. It expels the disordered doshas; the body humours by force and thus purifies the body. It is of four kinds viz. Vamana - Emesis-producing vomiting therapy, 2. Virechana/ Vireka - purgation therapy 3. Basti - enema therapy [a. asthapana/niruha basti- enema with decoction of durgs; b. anuvasana/sneha basti-enema with medicated oil, lubricating enema] 4.

Nasya karma/Navana - Nasal medication.

Shonitakleda - Pernicious anemia.

Shonitameha - Haematuria.

Shonita-sthapana - Haemostatic.

Shopha (Shotha) - Accumulation of fluid in the skin and subcutaneous tissues is known as Sopha (Shotha).

Shosha - Wasting diseases.

Shotha - Oedema. Shotha or Vrana has three stages viz. Aama, Pachyamana and Pakva.

In Aama stage there is swelling, tenderness and low fever. In Pachyamana stage there is a change in the colour of the skin, stabbing or throbbing pain, intense burning with fever and accumulation of pus. In the Pakva stage pain is comparatively less, and shrinking of the skin over the boil and bursting occur.

Shravana Parikhsa - Auscultation.

Shringa - Horn.

Shringa - Horn. Generally a deer's horn, if not specified.

Shringataka - Water chestnut. This is a picturesque and very apt name for the plant. Literally it means 'a horned wanderer', in obvious reference to the characteristically horned fruits of this aquatic plant that wander about on release on the surface of water as a means of dispersal.

Shringi - A species of fish. (One of the species of fauna mentioned in the Ayurvedic texts.)

Shrita - Medicated milk. To make it follow the processes below: 1. Take one part of the

drug; add to it eight parts of milk and 32 parts of water. Boil and reduce the quantity of the milk to desired level. Strain and use the filtrate. 2. Take one part of drug and 15 parts of each of water and milk. Boil the same to reduce the quantity of the milk; strain and use the filtrate. 3. Equal quantity of milk and water is boiled to the one fourth of the original amount. It is then filtered and used. It is also called Kshirapaka.

Shritaal - Fan Palm.

Shroni - Pelvis.

Shuka - Parrot. (One of the species of fauna mentioned in the Ayurvedic texts.)

Shuka puchcha - Sulphur.

Shukra - Semen.

Shukra Majja - Lard.

Shukrajanana - Semen or spermo- poietic.

Shukra-meha - Albuminuria, spermatuaria.

Shukrashaya - Vesicle Seminoles.

Shukrashodhana - Semen or spermo- purifiers.

Shukta - Any juice like that of grapes is called Shukta or vinegar. It is an impure acetic acid. It is also called Siraka.

Shukti - Oyster-shell. (One of the species of fauna mentioned in the Ayurvedic texts.)

Shukti - Zuzbe fruit.

Shula - Colic.

Shulaghni Peya - Anti-colic beverage. (One of the food-preparations mentioned in the Ayurvedic texts.)

Shulapatala - A kind of fish. (One of the species of fauna mentioned in the Ayurvedic texts.)

Shulaprasaman - Analgesic.

Shulava Ripu - Sulphur.

Shulva - Sulphur.

Shuni - Bitch. (One of the species of fauna mentioned in the Ayurvedic texts.)

Shunthi - Zingiberi officinalis. Dried ginger. Used in numerous preparations.

Shuska gomaya - Dry cow dung.

Shva 1 - Dog. (One of the

species of fauna mentioned in the Ayurvedic texts.)

Shva 2 - Mare. (One of the species of fauna mentioned in the Ayurvedic texts.)

Shvadamshttra - A kind of animal. (One of the species of fauna mentioned in the Ayurvedic texts.)

Shvamukha - Bulldog volsalla.

Shvana - Dog. (One of the species of fauna mentioned in the Ayurvedic texts.)

Shvasa 1 - Breathing. Normally it should be free from any kind of odour. In ketosis breath is sweet, while in alcoholism it is alcoholic. Large cavity in lungs in bronchiectasis produces putrid breath. The sickly odour of bronchiectasis may be intermittent, lasting a few days and disappearing.

Shvasa 2 - Bronchial asthma, dyspnoea Asthma. Difficult or laboured breathing is known as **Shvasa Roga**. In this condition the expiration of the patient is a forceful upward movement. This is like that of blacksmith's air blower. The **Shvasa Roga**

are of two types, viz. **Kshudra Shvasa** and **Tamaka Shvasa**.

There are recurrent attacks of breathlessness accompanied by wheezing. Asthma may be due to inhaled allergy from pollens that often cause allergic rhinitis. Other common allergens are house dust, animal fur or feathers. Emotional factors may precipitate the factor. Attacks are most frequent in early morning. Main symptoms are breathlessness, dry cough and a feeling of tightness in the chest.

Shvasahara - Antiasthmatic, Bronchial anti-spasmodic.

Shvasana - It is the process by which air passes into and out of lungs. It allows blood to take up oxygen and disposal of carbon dioxide. It is controlled by respiratory centre that is present in mid brain. Respiratory rate varies from 13 to 18 breaths per minute. When air is inhaled the diaphragm is relaxed, flattens and ribs contract and pull the cage upwards and outwards. Lungs expand when air is exhaled and chest muscles and diaphragm relax. When lungs contract

these squeeze out the air. Lungs hold about 1.5 gallons, i.e. 6 litres of air at one time.

Shvasanaka Jvara - Pneumoni. High fever with rigorous pain in the chest and sides, frequent cough with thick tenacious phlegm. Difficult and increased breathing, bloating of nostrils during breathing, soft, heavy and rapid pulse having ratio of 2:1 with breathing, sweating of the forehead, extremely moist body, lassitude, weakness, rough and dirty tongue, torpor, delirium, etc. are the signs and symptoms or Shvasanaka Jvara.

Shvasavarodha - Asphyxia.

Shvatari - She mule. (One of the species of fauna mentioned in the Ayurvedic texts.)

Shvavit - Porcupine. (One of the species of fauna mentioned in the Ayurvedic texts.)

Shveta Chandana - Santalum album Linn. White sandal wood.

Shveta Charma - Leucoderma. It is a loosely applied terminology to express depigmented skin lesions. The condition

presents with varying and irregular size and shape, sharply demarcated, completely depigmented patches surrounded by normal or hyperpigmented skin. Lesions may coalesce to form large patches or may involve whole skin surface. It does not give rise to any scaling.

Shveta Khadira - White acacia.

Shveta Kushtha - Leucoderma.

Shveta Musali - Asparagus adscendens Roxb. A herbal species.

Shveta Pradara - Leucorrhoea.

Shveta Punarnava - Trianthema portulacastrum Linn. A herbal plant.

Shveta Sasarpa - White mustard.

Shvetamutravarchastva - White and flocculent urine.

Shveta-pradara - In this, normal vaginal secretion is increased in amount. Discharge is not purulent. The increase in normal vaginal secretion develops during puberty, and during ovulation.

During pregnancy discharge simply increases due to increased vascularity of uterus.

Shvitra - Leucoderme. Shvitra is a non-contagious disease of the skin in which pink, copper or white coloured patches appear on the skin. These patched always remains dry.

Shyama - Variety of millet.

Shyama Jiraka - Carum.

Shyena - Hawk. (One of the species of fauna mentioned in the Ayurvedic texts.)

Shyeni - She hawk. (One of the species of fauna mentioned in the Ayurvedic texts.)

Shyonaka - *Oroxylum indicum* Vent. *Bignonia Indica*. A tree species.

Shyuka Raja - *Drecontiasis*, guinea worm.

Siddharthak - White mustard.

Sikta - Sand.

Siktameha - Brick dust deposit.

Siktha - Boiled rice from which the water has been poured off. A lump or mouthful of boiled rice kneaded into a ball.

Siktha Taila - A kind of

ointment, Malahara. Take 6 parts of Tila Taila if the Malahara (ointment) is required in summer and take 5 parts of Tila Taila if it is required in winter and add to it one part of Madhuchchista (wax). Melt it by warming, mix well and cool the substance.

Sikthaka - Bee wax.

Simanta - Borders, edges.

Simha - Lion. (One of the species of fauna mentioned in the Ayurvedic texts.)

Simha mukha Yantra - Lion face like surgical instrument.

Sindura - Vermilion.

Sindurasa - When the Bhasmas prepared in Kupis or special bottle prepared for sublimation of the Kajjali are heated in Baluka yantra, the resultant powder becomes red. It is called Sindurasa.

Sindurika - Red lead.

Sirajagranthi - Aneurism.

Sirakunchana - Varicosity of veins.

Siravistriti - Phlebeetasis.

Sitaphala - Anonaceae.

Sivana - Suturing.

Sivanakarma - Stitching.

Sivani - Sutures, raphae.

Smaranalop - Anomia.

Smriti - Memory.

Snana - Ablution.

Snana Chikitsa - Balneo-therapy.

Snayu 1 - Ligaments.

Snayu 2 - Tendons, nerve cords
- 900 in number as per the
Ayurveda.

Snayuka Roga - This condition is caused by the infestation of a thread like parasite known as guinea worm. It comes out of the skin, gradually after causing swelling and eruption. In case the parasite gets out in its full length there is no trouble. If the parasite is broken then the symptoms may reappear through another eruption. Due to neglect broken parasites in the arm or groin cause gradual loss of muscular tone of the part leading to lameness.

Sneha - Fat.

Sneha Chatushtaya - The four

oily materials including.
Ghrutam -ghee, Taila-oil, Vasa-fat, Majja-marrow.

Sneha nasya - This is of two kinds- 1. Marsha in whom more quantity of oil is instilled and 2. Pratimarsha - in whom less quantity of oil is instilled.

Sneha Paka (Also called Ghruta and Tail Paka) -A method of fat based preparation. Prepare Kvatha from 1 part of the drug 16 parts of water reducing it to one fourth. Add to the filtrate of the Kvatha in equal weight of Ghruta or Taila. Boil and reduce the stuff to its half the volume or till no water remains in the mixture. Cool it and preserve for use. Other methods of Sneha Paka:

1. Take 1 parts of Kalka of green vegetables or prepare Kalka from 1 part of the powdered dry drugs in sufficient quantity of water. Add to it 4 parts of Ghruta or Taila and 16 parts of water. Boil it till Ghruta or Taila only remains. Cool it and preserve for use.

2. In case Ghruta is to be cooked with a hard drug, first Kvatha of the drugs should be made then Ghruta is to be

prepared as mentioned above in the first method. 3. Sneha to be Siddha (cooked) from a Svarasa should be taken four times to make draught.

Sneha vidhi - Oleation, lubrication therapy.

Snehana - Oleation therapy, lubricating.

Snehopaga - Adjuvant in oleation therapy.

Snuha - A herbal species. The term literally meaning 'milky'. A broth to be prepared from its leaves to act as an efficient purgative. Its milk is also used in anointing piles as a curative.

Sobhanjana - *Moringa concanensis* Nimmo. Also called *Madhushigru*. A herbal plant useful in treatment of such diseases as *Vidradhi*, *Karnashula*, *Krimi*, *Dadru*, *Visarpa*, *Visphota*, *Vrishana*, *Vridhi* (Shotha) *Shula* (Amaja), *Snayuka*.

Sodashika = 8 gms approximately. (A unit of measurement.)

Somaraji - *Centratherum anthelminticum*, *Kuntage*. A herbal plant.

Somarasa - Ephedrine.

Sparsa - Tactile sensation.

Sparsa-dvesha - Hyperesthesia.

Sphatika - Alum.

Sphatika - Alum; quartz (one of the minerals mentioned in the Ayurvedic texts). Useful in treatment of such diseases as *Karnaroga*, *Karnashula*, *Galaroga*, etc.

Sphigudaya - Frank breech presentation (delivery-related terminology).

Sphikpadodaya - Full breech presentation with impaction (delivery-related terminology).

Sphota - Bursting, opening; a swelling boil, tumour.

Sphurana - Twitching.

Srimara - A young deer.

Srotanjana - Antimony sulphide stibinite (one of the minerals mentioned in the Ayurvedic texts).

Srotas - Orifices, channels, pores. They are several in numbers, e.g. 1. *bahya* - external, or *sthula* (big) 9 in male 12 in female;

2. abhyantara - internal, suksma (minute) innumerable.

Srotasa - Stomach.

Srotoroga - Diseases of the body fluids and channels.

Stambha-roga - Paralysis.

Stana - Female breast. It produces milk for child and has secondary sexual characteristic too. Female breast contains 15 to 20 lobes of milk secreting glands. These have outlet in nipple. The breast contains no muscles. Actually these are modified sweat glands.

At birth there is a nipple with rudimentary milk ducts. At puberty due to hormonal effect it starts developing. Areola swells and nipple enlarges.

Stanabhava - Amastia.

Stanyajanana - Galactogogues.

Stanyashodhana - Lactopurifiers.

Shagika - Concealing, hiding, obstructing.

Shagika bandha - Stump bandage.

Sthala - Tray.

Sthambhana - Binding, stopping, withholding therapy.

Sthavara Visha - Poisoning from vegetable products.

Sthira - A herbal species. The term literally meaning 'Steady; firm'. This is in reference to the long root system of the plant. A well-known synonym for Shaliparni.

Stribeeja - Ova.

Subhaga - Borax.

Suchi - Needle.

Suchi kurcha - Brush of many spikes.

Sudarshana - Crinum Latifolium Linn. A herbal plant.

Sugandha Bala - Valerian.

Sugandhaka - Sulphur.

Sukara - Wild boar. (One of the species of fauna mentioned in the Ayurvedic texts.)

Sukari - Wild she boar. (One of the species of fauna mentioned in the Ayurvedic texts.)

Sukhanaka - An aquatic animal. (One of the species of fauna mentioned in the Ayurvedic texts.)

Sukta - Vinegar.

Sukti = 16 gms. approximately.
(A unit of measurement.)

Suktika - Oyster. (One of the species of fauna mentioned in the Ayurvedic texts.)

Sundara - Daisy.

Sunishnna - Marsilia minuta
Linn. A herbal species.

Supa - Soup of pulses. (One of the food-preparations mentioned in the Ayurvedic texts.)

Supti - Numbness.

Sura - This is an alcohol. The principle constituents of wines and spirits. It is prepared by distillation of fermented materials like that of Ashavas and Arishtas.

Sura Manda - Upper layer of liquor.

Suradaru - The term literally meaning 'God's tree'. Also called as Suradru. Synonym to Devadaru.

Surameha - Acetonuria.

Surana - Amorphophallus campanulatus (Roxb.) Bl. A herbal plant useful in treatment of such diseases as Arsha.

Surana kanda - Elephant's foot.

Surasadi Gana - Surasa (Kishna Tulasi), Shveta Surasa (Shveta Tulasi), Phanijhaka (Maruvaka), Arjaka (Var-varika), Bhustrina (Rohisa Trina), Sugandhaka (Dronapushpi), Sumukha (Rajika), Kalamalika (Krishnarjaka), Kasamarda, Kshavaka, Kharpushpa, Vidanga, Katphala, Surasi (Kapitthapatra, Tulasi or Shveta Nirgundi, Nirgunadi (Nilapushpa), Kulahala (Mundika), Unduru-karnika (Musakarni), Phansi (Bharangi), Prachibala (Kakajangha), Kakamachi, Visha-mustika (Rajanimba or Alambusa Karkoti or Kuchala).

Surayavarta - Recurrent neuralgic pain in the head.

Surpa = 16.584 Kgs. approximately. (A unit of measurement.)

Surya Puta - A process in which the drug contused in the prescribed Svarasa and pellet is exposed to heat of sun till it dries.

Suryakanta - Converging glass.

Suryakshara - Saltpetre.

Suryamukhi - Helianthus. A herbal plant.

Suryavarta - Chronic sinusitis. The headache that begins with the sunrise, increases up to the mid day, thereafter starts decreasing and is relieved with the sunset is known as Suryavarta. It occurs particularly behind the eyes and eyebrows.

Suryavati (Hurahura) - The plant Cleome Icosandra or viscosa. Seeds and all parts of the plant are useful.

Sushavi - Black cumin seeds (kalajira). Medicinally used.

Sushkamalaka - (a measurement of weight) equal to dry fruit of Amalaka i.e. approxi. 2 gms.

Sushmana - Spinal cord.

Sushruta Samhita - Sushruta Samhita is noteworthy for its treatment of surgery that is available but only scantily in Charaka's work. Its language is less archaic, and narrative more concise, developed and systematic. Its late authorship is attested by references to the

theories of Charaka in it. Notice of the worship of Rama and Krishna in the text also suggests a later date of its composition since the deities reportedly became popular only after 2nd century AD. Besides the famous Sushruta, seers referred to as an older Sushruta, Chandratta and Nagarjuna are supposed to have contributed their mite to the authorship of the treatise. As a matter of fact, the present text seems to be the culmination of a long-stretched series of surgical experiences by individuals named Aupadhenva, Aurabhra and Pushkalavat among others. Though a famous Sushruta seems to have been associated with Varanasi, the reading of the text suggests an all-India character of its authorship.

Sutika-Jvara - During the delivery if proper care of cleanliness, sterilization etc. is not taken; the patient may suffer from fever that is known as Sutika Jvara. It is of six types viz. Vatika, Paittika, Kaphaja, Sannipatika, Stanyotha and Grahatha.

Suvarchika/

Suvarchikakshara - Impure carbonate of soda, also called Sajjikshara.

Suvarṇa - Gold (one of the minerals mentioned in the Ayurvedic texts).

Suvarṇa = 8 gms approximately. (A unit of measurement.)

Suvarṇa gairika - Red ochre (one of the minerals mentioned in the Ayurvedic texts).

Svabhavika diseases - The Ayurveda classifies diseases under four categories -

Agantuka, Doshaja, Manasika, and Svabhavika. Svabhavika diseases are those related to nature like thirst, hunger as well as old age.

Svada - Taste.

Svadhinata - Ageusia.

Svara bheda - Hoarreness.

Svara dosha - Cacophonia.

Svarakshaya - Aphonia.

Svarasa - Juice, Fresh Juice. There are certain methods prescribed to obtain the Svarasa. They include the following. For Green Drug -

Collect herb free from insects and infects, from a clean locality. Wash it with water; drain off excess water, cut it into small pieces. Squeeze it through washed muslin and collect the liquid in a glass or porcelain vessel. For Dried Drug - Obtain clean dry powder of the drug, add equal or double of its weight of water depending upon the nature of the drug and allow it to macerate for twenty four hours in an earthen pot, glass or porcelain vessel.

Thereafter, strain the substance through washed muslin into another earthen, glass or porcelain vessel. Putapaka Svarasa - Bruise green drug in a mortar with pestle to make it into a ball. Wrap it with leaves of Kamala or Vata or Jambu or Eranda or Gambhari and tie it with a thread. Coat the threaded ball with a paste of wheat flour prepared in water and then apply a coating of wet clay to a thickness of two fingers. Fire the ball in Vanyopala (cow dung cakes) till clay burns to brown. Cool it, remove the clay and unwrap thread and

leaves used in wrapping. Press soaked material through washed muslin and collect the juice in an earthen, glass or porcelain vessel. Madhu, Sharkara, Guda, Jiraka, Yavakshara, Saindhava, Ghrita, Taila or any Churna, if to be added to the Svarasa in one dose then the quantity of these drugs should be 3 to 18 grams.

Svarjikshara - Prickly chaff, Achyranthes Aspera, Roots, seeds, leaves and Kshara of the plant Apamarga.

Svarna - Gold.

Svarnamakshika - Copper pyrites.

Svasthya - Health.

Svastika - Cruciform.

Svastika bandha - Cross or spica bandage.

Svastika Yantra - Cruciform instruments etc. forceps etc.

Sveda vidhi - Sudation, fomentation therapy.

Svedajanana - Diaphoretic.

Svedana - Perspiration. The Sweating Therapy. The treatment that causes sweating is known as Svedana. It is

indicated in the disorders of Vata and Kapha.

The Sweating Therapy is generally applied after performing the Shehana. Sushruta has described four type of Sveda viz. Tapa Sveda, Ushma Sveda, Upanaha Sveda, and Drava Sveda. Tapa Sveda is dry in nature and it is performed with warm hand or application of hot metal or with tiles or sand.

The affected part or whole body should be performed Svedana by wrapping cloth over it. Ushma svedana is done with tiles or such other thing, which is made very hot and immersed in hot liquids, generally water, and then the affected part is fomented. When the fomentation is to be done to the whole body, the steaming Kvatha (decoction) is to be put down below the cot placed in a draught free room.

The patient should have one bed sheet below and another to cover him. Upanaha Sveda (poultice) is to be put in the form of warm Lepa on the affected part then it is to be bandaged. Drava Sveda is a kind of tub bath using a bot

decoction to immerse the complete body or part of it into the same.

Charaka describes only two kinds of Svedan therapies i.e. one with Agni (five) and another without it. In later type, acts like exercise, use of closed and warm room, cover of thick blankets, sunbath, etc. have been suggested.

Svedopaga - Adjuvant in sudation therapy.



Taila - Lepan - Anointing.

Tailapayika - A kind of she bird. (One of the species of fauna mentioned in the Ayurvedic texts.)

Takkola - Clerodendron phlomidis Linn. A herbal plant.

Takra - Buttermilk, whey.
Takra is of three types viz.

Ruksha Takra, **Ardhodhrta Ruksha Sneha Takra** and **Anudhrta Senha Takra**. Takra is made by churning Dadhi (curd) with half the quantity of water, all the butter is separated and remaining liquid is taken as Takra. To prepare **Ardhodhrta Sneha Takra**, Dadhi is churned with equal quantity of water, half of the butter is separated and remaining liquid is used. **Anudhrta Sneha Takra** is made by adding double quantity of water of Dadhi, churned and all the liquid including the butter is to be used.

Tala 1 - *Borassus flabellifer* Linn. Buds, fruits, flower and seeds of this plant species are used in drugs.

Tala 2 - *Palmyra*. Useful in treatment of such diseases as *Unmada*.

Tala Jata - *Borassus flabellifer* Linn. A herbal species.

Tala Yantra - Instruments with flat discs at their tip, in either one or both arms. Scoop or spoon.

Talamuli - *Curculigo orchi* Gaertn. A herbal species.

Talis patra - Himalayan silver fir leaf. *Abies webbiana*. Dried leaves are useful in treatment of such diseases as Arochaka, Kasa, Svarabheda, Jvara, etc.

Talu - Palate.

Taluvidriddhi - Abscess of the palate.

Talvasthi - Palatine.

Tamaka Shvasa - Bronchial Asthma. This disease comes in the paroxysm of dyspnoea and during the attack; the patient goes in extreme agony, perceives darkness, feel thirst and becomes restless. He faints and remains in extreme distress till phlegm is coughed out. On account of breathing difficulty in lying down position, the patient is unable to sleep. He gets some relief in sitting position. Clouds, cold water, cold wind, cold weather, and the diet that increases Kapha flare the disease.

Tamala Patra - Tobacco.

Tamasu - Asthenia.

Tambula - Piper Bettel. Its leaves are used in treatment of such diseases as Netraroga, Shlipada. Its pungent and

aromatic leaf is chewed with the areca nut and catechu and lesser cardamon as a carminative and antacid tonic.

Tamotidarshana - Repeated fainting fits.

Tamra - Copper (one of the minerals mentioned in the Ayurvedic texts).

Tandula - Rice, *Oryza sativa* Linn.

Tandula = 8 mgs. approximately. (A unit of measurement.)

Tanduliyaka (Chaulai) - *Amaranthus polygamus* or *gangeticus*. All parts of plant, leaves, or roots and seeds used in various diseases.

Tandulodaka - Rice water. It is an infusion of rice in cold water. Two ounces of clean and very coarsely pounded rice are infused in 16 ozs. of cold water for two or three hours. The rice soaked in the infusion is then thoroughly macerated by hand before the infusion is strained through cloth. The strained liquid is rice water. Another process to obtain the Tandulodaka is as following. To 50 gm. of

cleaned rice add 400 ml. of water in cleaned vessel and allow to macerate for three hours, pulp with fingers, strain and use the liquid thus obtained.

Tanga - Borax.

Tankanakshara - Borax.

Useful in treatment of such diseases as Karnaroga, Karnasrava, Kasa Shvasa, etc.

Tantu - Fibre.

Tapa - Fomentation by warmed cloth, palms, etc.

Taraksu - Hyena. (One of the species of fauna mentioned in the Ayurvedic texts.)

Taravara - Also named as Avartaki. Tanner's cassia. Cassia Auriculata. Bark, flower and seeds of this plant contain medicinal value.

Tarpana - Therapy of nourishing the eye.

Tarunasthi - Cartilage.

Tavakshiri - A herbal species. The term literally meaning 'starch separated from' the rhizomes of Curcuma angustifolia Roxb. Called *tikhur* in Hindi and used as a substi-

tute of true arrowroot.

Maranta arundinacea Linn.

Also used by Vaidyas as a substitute of true

Vamshalochana, a latex like or sugary crystalline material getting collected in the hollows of Vamsa, the bamboo.

Tejabala - Toothache tree.

Tejapatra - Cassia.

Tejapatra - Cinnamomi

Tamala Leaves. Tamala leaf.

Tejojala - The lens of the eye.

Tejovati - Zanthoxylum alatum Roxb. A herbal species.

Tidarya - An aquatic bird. (One of the species of fauna mentioned in the Ayurvedic texts.)

Tikshnagni - Excessive digestive power.

Tikshura - Curcuma angustifolia Roxb. A herbal plant.

Tikta Supa - Bitter soup. (One of the food-preparations mentioned in the Ayurvedic texts.)

Tila - Literally from the verb root 'til' meaning 'to go, to be unctuous'. The earliest oil

yielder of India and hence oil itself is called taila in the country. Sesame. Useful in treatment of such diseases as Agnidagdha, Atisara (Rakta), Arsha, Ashmari, Mutra Krichchra, Aamavata, Vatodara, Gulma, Chippa, Kunakha, Pravahika, Bhagandara, Vata Vyadhi, Khanja Vata, Nashtartava, Kashtartava.

Tila Pinyaka - *Sisemum Indicum*. Its seeds and oil are medicinally useful.

Time - A kind of whale. (One of the species of fauna mentioned in the Ayurvedic texts.)

Timingala - A large fabulous flesh. (One of the species of fauna mentioned in the Ayurvedic texts.)

Timira - Cataract. Partial or complete opacity of the eye lens is known as Timira. In its initial stage vision of the patient is impaired and he sees imaginary things like cobweb. With the progress of the disease impairment of vision also increases.

Tinduka - *Diospyras pirigrina*. A herbal plant. Its Bark, fruit

and seeds are used in medicinal formulas.

Tinduka = 8 gms approximately. (A unit of measurement.)

Tinisa - *Ougeinia dalbergioides* Benth. Herbal species.

Tintidi (Imali) - *Tamarindus Indicus*. Tamarind plant. Fruit, seeds, bark, leaves of this plant are used in various diseases.

Tiryaga Dhamani - Sideward arteries/nerves.

Tiryaka Patana Yantra - A glass still.

Tittira - Partridge. (One of the species of fauna mentioned in the Ayurvedic texts.)

Tola = 8 gms. approximately. (A unit of measurement.)

Trapusa - Tin (one of the minerals mentioned in the Ayurvedic texts).

Trapvadi Gana - Group of the bhasma of the following metals: Vanga, Naga, Tamra, Rajata, Loha, Svarna, and Mandura.

Trayamana - *Gentiana Kurroa*,

All parts of plant and root used in several preparations.

Tri Kshara - The three alkalies including Sajikshara (Soda Carobonate), Yavakshara (Potash Carbonate) and Tankanakshara (Borax).

Tridhara (Thohara) - Euphorbia antiquorum. Stem, roots and root bark used in various medicinal formulas.

Tridosha - The triad of body humours: Vata, Pitta, and Kapha.

Tridoshaja Chhardi - In this condition patient vomits out thick and blue coloured material of saline or acidic taste with blood. Colic pain, loss of appetite, indigestion, burning sensation, thirst, and dyspnoea and fainting are the other accompanied symptoms.

Trijata - The combination of three materials Tvak (Cinnamon bark), Ela (Lesser Cardamom) and Patra/Tejapatra (Cassia). Also called Trisugandha.

Trika - Upper back (part of body).

Trikasthi - Sacrum.

Trikatu - The three hot herbs including Sunthi (dried ginger), Pippali (pepper longum), and Maricha (black pepper).

Trikurchak - Trocar or brush.

Trikurchaka Shastra - Brush with three spikes.

Trimadhu - The combination of Ghrita (ghee, clarified butter), Guda (raw sugar, jaggery), and Madhu (Honey).

Trimala - The combination of three herbs Mustaka (Cyperus Torundus), Chitraka (Plumbago Zeylanica), and Vidanga (Embellica Ribis).

Trina Pancha Mula - The combination of five grass including the Kusa, Kasa, Nala, Sara, and Darbha.

Trinakanta Mani - Amber.

Triphala - The combination of three herbs including Haritika (Terminalia chebula, myrobalan), Amala (Phyllanthus Emblica), and Vibhitaka (Terminalia Belerica).

Triptighna - Appetizers.

Trishna - Trishna is a disease characterized by excessive thirst; it has been classified into 7 groups.

Trishnahara Peya - Beverage, suppresser of thirst. (One of the food-preparations mentioned in the Ayurvedic texts.)

Trisugandha - The combination of three materials Tvak (Cinnamon bark), Ela (Lesser Cardamom) and Parts/ Tejapatra (Cassia). Also called Trijata.

Triushna - Literally, the three hot herbs. They include Maricha (black pepper) Pippali (Pepper), Shunthi (Dried ginger).

Trivrita - Nisotha Indian turpeth, Operculinna Terpentum. Root bark of this plant is used.

Tuakamardava - Dermalaxia.

Tuda - Mulberry.

Tula - 4 kg (a measurement of weight).

Tula = 3.2 Kgs. approximately. (A unit of measurement.)

Tulasi - Ocimum Sanctum. All parts of plant, root, leaves, flower useful in treatment of such diseases as Kasa, Masurika.

Tumbi - Cupping.

Tumbini - Lagenaria siceraria Standl. A herbal plant.

Tundikeri - Tonsillitis.

Tunnasevani Sandhi - Ser-rated joints.

Turangi - Mare. (One of the species of fauna mentioned in the Ayurvedic texts.)

Turushak - Liquidambar orientalis Miller. A Medicinal plant.

Tusha - Bran, Oryza sativa Linn. Used in some medicinal formulas.

Tutathaka - Copper Sulphate.

Tuttha - Blue vitriol.

Tuvaraka - Avicennia officinalis. Barks, seeds, oil of this plant are medicinally useful.

Tvacha - Skin; skin-layers - 6 as per the Ayurveda. It is structure to protect internal organs. It consists of thin outer layer of epidermis and a thicker layer of the dermis. Beneath the dermis is the subcutaneous tissue that contains fat. Hair and nails are extension of skin. These contain keratin. According to modern science, skin is a very

sensory organ containing many cells that are sensitive to touch, temperature, pain and pressure. It helps in keeping body temperature constant. When body is hot, skin precipitates and blood vessels dilate to dissipate heat. When it is cold the blood vessels in skin constrict, which conserves the body's heat. Epidermis contains a unique fatty substance that makes the skin waterproof. Outermost part of epidermis is composed of dead cells that form a tough, horny protective coating. These dead cells are regularly replaced. Dermis is composed of a connective tissue. It also contains blood vessels nerves and lymph vessels.

Tvagavidarana - Scaly skin.

Tvak - Dalchini, Cinnamon Bark. Useful in treatment of such diseases as Agnimandya, Arochaka, Kasa, Chhardi, Parigarbhika, Musaka Visha, Luta Visha.

Tvaka vikara - Chap.



Udara - The abdomen. This is the area bounded above by ribs and by pelvis at lower end. The contents of abdomen are separated from thorax by diaphragm. It contains digestive system, urinary system and contents of pelvis.

Udara Roga - Diseases of abdomen. Stomach troubles. Long-standing Mandagni (diminished digestive power) and Ajrina (indigestion) cause generalized enlargement of the abdomen and this condition is known as Udara Roga. Out of the eight types of udara roga four are doshaja viz. vatodara, pittodara, kapahodara, and sannipatodara. Fifth is due to the enlargement of spleen or liver i.e. pliihodara and yakraddalyudara, sixth is due to the intestinal obstruction i.e. Baddha-Gudodara, seventh is due to the injury of the

abdomen i.e. parisravayudara and the last is due to the accumulation of fluid i.e. Jalodara. Distention of abdomen, loss of appetite, indigestion, retention of flatus and faeces, weakness, fatigue, difficulty in walking, oedema, burning sensation and torpor are the general signs and symptoms of Udara Roga.

Udaraguha - Pelvic cavity.

Udarashula - Pain in abdomen.

Udara-vipatana - Lparatomy.

Udarda - Urticaria.

Udavarta - Disease caused by voluntary suppression of natural urges like defecation, urination, yawning, sneezing, eructation, hunger, thirst, respiration, sleep etc. In this indisposition, symptoms like distension of abdomen, lassitude, pain, constipation, coryza, headache etc. are found.

Uddharana - Extracting, the act of pulling out.

Udumbara - Gular fig tree, *Ficus Glomerata* or *Racemosa*. Bark, leaves, fruit and milk of this tree are useful in treatment

of such diseases as Trishna, Dhatakshaya, Netra roga, Rakta pitta, Vrishana Vridhi and Shotha and Shvitra.

Ulukhala Sandhi - Universal/ ball socket (part of body).

Unmada - Asynesia insanity. Unmada is an indisposition characterized by the unsteady state of mind (Mana), intellect (Buddhi), orientation (Sanjna Jnana), memory (Smriti), insight (Bhakti), character (Shila), behaviour (Cheshta) and conduct (Achara). Confusion of intellect, fickleness of mind, loss of memory, power of understanding and with no feeling of pleasure or grief, abnormal behaviour towards the society and duties; irregular and incoherent talk, restlessness, unsteadiness, agitation of the eyes and mental instability are the general signs and symptoms of Unmada. Certain types of Unmada are identified with hysteria. Patients of this disease are egocentric. The hysterical reaction is a manifestation of childish need for any organic item. When rigidity is present it is proportional to the force

used to overcome it. Hysterical tremors and tics vary in degree and are increased by attention. Hysterical blindness is often sudden in onset and may be complete. In hysterical deafness patient can be awakened from sleep if called by name but when awakened he or she cannot hear.

Unmana = 8.292 Kgs. approximately. (A unit of measurement.)

Unmata - 1. Insane. 2. Thorn apple.

Unmathana - Pulling out after twisting, elevating, raising.

Unnava - *Zizyphus sativa* Gaertn. A herbal plant.

Upa Kantha - Epiglottis.

Upadamsha - Hard and soft chancre, syphilis. Upadamsha is an indisposition transmitted generally by contact with the diseased genital organ of the opposite sex through sexual intercourse. It is characterized by the appearance of swelling (chancre) with or without ulcer on the genital organ (penis or vagina). The colour of the chancre may be black, pale,

white or red depending upon the Dosha involved.

Upadarva - Complications, disorder.

Upadhan - Pillow.

Upadhatu - Subordinates to the Dhatus, i.e. the major constituents of the body. Upadhatu are actually not nourishing the body but they are the by products of dhatu, necessary for supporting the body. They include Stanya (breast milk), Aartava (menstrual blood), Kandara (tendons), Sira (vessels), Vasa (fat), Tvak (skin), Snayu; etc. They are also vitiated by Dosha.

Upajihvika - Acute glossitis. Inflammation of the throat.

Upakunchika - *Negallia sativa* Linn. Black cumin seed.

Upakusha - Gingivitis.

Upanaha - A poultice. It is prepared by cooking Atasi, Yava, Godhuma, Haridra etc. in water or milk or Kanji or Gomutra by adding little quantity of clarified butter (Ghrita) or Taila (oil). This poultice is applied on Vrana or Sotha by putting the hot lepa

between two layers of pieces of clean cloth. A fomentation by warm poultice.

Upangushtha - Calcar.

Upantra - Appendix.

Upavisha - The semi-poisonous herbs. They include Arka (Calotropic gigantics), Sehundra (Euphorbia nerifolia), Dhustura (Belladonna), Langali, Karavira, and Gunja.

Upavrikki - Adrenaline.

Upcharma - Epidermis.

Upodika - Indian spinach.

Urah - Chest, breast.

Urah Kshata - Haemoptysis, bleeding from lungs. The acts like lifting the heavy load, falling from uneven height, fighting with strong man or animal, excessive indulgence in sex, taking of unnourished diet, etc. may cause ulcerative lesion in the chest and this severe condition is known as Urah-Kshata. Acute pain in the chest, cough with expectoration having tinge of blood, fever, gradual loss of vitality, strength, complexion, appetite

and digestive power, emaciation and loose motions are the main signs and symptoms of Urah-Kshata. Sometimes the patient may pass large quantity of bright red blood with cough.

Urasthi - Sternum.

Urastoya - Accumulation of fluid into the pleura (a serous membrane investing the lungs) is known as Urastoya. Difficult and painful breathing, cough with excessive phlegmatic discharge, low grade fever, weakness, pain in the sides, discomfort in lying position and a slight relief in sitting posture are the main signs and symptoms of Urastoya.

Urdha-bhagahara - A drug that cleans the upper portion of the body by throwing out the dirt through upper passages i.e. mouth and nose etc.

Urdhvaga Dhamani - Upward arteries/nerves.

Urmika - Ripple.

Uru - Thigh.

Urubook - Castor plant.

Urusada - Atrophy of the thigh muscles.

Urustambha - Rigidity of thighs due to accumulated Aama. The excessive and accumulated Aama along with Kapha, Meda and Vaya causes rigidity of thigh and this condition is known as Urustambha. Inability to lift legs, coldness and numbness of the thighs, feeling of heaviness in the legs, loss of appetite, fever, vomiting, torpor, feeling of moist wrapping and pain in the body are main signs and symptoms of Urustambha.

Usha - Calory.

Ushaka 1 - The plant *Dorema ammomiaceum* D. Don. Its latex is used in medicines.

Ushaka 2 - Saline Soil.

Ushakadi Gana - Group of herbal items including Ushaka, Saindhava, Shilajatu, Kashisha, Hingu, Tuttha useful in treatment of such diseases as Shvasa.

Ushana - Long pepper or Black pepper.

Ushira - Khas, *Vetiveria Zizanioidis* Root useful in

treatment of such diseases as Timira, Daha, etc.

Ushma - Fomentation by steam.

Ushmodaka - Kind of water treated through following process: Boil water in a clean earthen pot or a tinned copper or other vessel having lid.

Reduce it to one eighth, one fourth or one half of the original amount as prescribed. On cooling strain the same through muslin washed with the same water. Quantity of water thus prepared should be utilized within the day and fresh Ushmodaka should be prepared for use in the night.

Ushnavatatapa Ghata - Heat stroke.

Utasanga bandha - Arm sling bandage.

Utkata - Cinnamon.

Utpaladi Gana - Group of herbal leaves of the following species: Utpala (Kamala), Raktotpala (Rakta Kamala), Kumuda (Shveta Kamala), Saugandhika (Nila Kamala), Kuvalaya (Shveta Nila Kamala), Punndarika (Atishveta

Kamala), Madhuka
(Madhuyashti).

Utpalam - The term literally meaning 'bursting open'. This is in reference to the blooming showy flowers of the plant i.e. lotus.

Utpalapatra shastra - Brush with three spikes, a lancet.

Utsanga - Horizontal

Utsantra - Displacement of internal organs.

Uttana - Acute.

Uttana Shayana - Recumbent position. In this position patient lies flat on bed with one pillow at the head end and legs extended. In case of low blood pressure this position can be used with two pillows at leg end. By raising the leg there becomes comfortable venous flow from lower extremity.

Uttara Basti - Anuvasana Basti.

Uttarabasti Yantra - Rubber ball vaginal douche.

Uttaramaha Sira - Superior vena cava.



Vacha - Sweet flag. Its rhizome is used. *Acorus calamus*.

Vachadi Gana - Group of herbs including Vacha, Mustaka, Ativisha, Abhaya, Bhadradaru (Devadaru), and Nagakeshara.

Vadhra - Leather strap.

Vaha = 33.168 Kgs. approximately. (A unit of measurement.)

Vaidurya - Beryl Sapphire.

Vaijayanti - *Sesberia sesban*. A herbal plant. Its root, seeds and flower are used in several formulas.

Vaikranta - Copper ore.

Vajikarana - Science of aphrodisiacs.

Vajra Kanda - *Synantherias*.

Vaksa Sthala - Thorax.

Vakuchi Taila - Oil of seeds of

the plant *Psoralea corlifolia*
Linn.

Vakula - A kind of tree,
Mimusops Elengi. Its flowers
are used in treatment of such
diseases as *Drishti Daurbalaya*,
Dantaharsha. It is also called
Bakula.

Vala - Hair.

Valaya - Curved, irregular
bones.

Valka - Bark.

Valli Panchamula - Group of
the following herbal roots:
Vidari (*Vidari Kanda*), *Sariva*
(*Ananta-mula*), *Rajani*
(*Haridra*), *Guduchi*, *Ajashringi*
(*Meshashringi*).

Valoma Granthi - Pancreas.

Valuka Yantra - A sand bath.

Valya - Tonics.

Vamana - Emesis. *Vamana* is
considered best for the elimina-
tion of morbid and increased
Kapha, and thus for curing the
disorders of *Kapha*. It elimi-
nates the *Dosha* through
stomach by vomiting and
should generally be given after
performing *Snehana* and
Svedana.

Vamanopaga - Adjuvant in
emetic therapy.

Vamsha - Bamboo. The term
literally meaning 'growing out
as a family'. This is in reference
to the habit of the plant
Bambusa arundinacea. Willd.
Parts of it are useful in treat-
ment of such diseases as *Dhatu*
Kshaya, *Daurbalya*,
Kashtartava, and *Nashtartava*.

Vamshi = 0.027 mgs. approxi-
mately. (A unit of measure-
ment.) (Smallest visible particle
of dust in a beam of sunlight
coming through a hole in a
bamboo rafter)

Vana Karpasa - Wild cotton.

Vana Yavani - *Seseli indicum*
W & A. A herbal plant.

Vananili - *Baptin*.

Vanga - Tin.

Vankeri - The plant
Caesalpinia digna. Its root is
used.

Vankshana - Groin (part of the
body).

Vankshana vidardhi - Appen-
dicular abscess.

Vanshalochana - Manna of
Bamboo.

Varah Puta - Method of cooking medicinal preparations. Dig a 46cm. long, broad and deep (nearly half of the Gajputa) pit in the ground. Fill it with cow dung cakes; place the Musha (herb pot) in the centre and fire. Prepare the medicine as in Mahaputa.

Varaha kanda - The plant *Tacca aspera* Roxb.

Varataki - Brinjal.

Varna kara - Bestowing colour/complexion.

Vartaju - Brinjal.

Varti - Stick (generally cotton).

Vartma mandal - Eyelids.

Varuna - The plant *Crataeva Reliveosa*. Its root, Bark and leaves are useful in treatment of such diseases as Ashmari, Asthila, Galaganda, Vrana, Shotha, and Vrikka-roga.

Varunadi Gana - Group of herbs including Varuna, Arttagala, Shigru, Madhushigru, Arapani, Meshashringi, Karanja, Putikaranja, Morata, Agni-mantha, Saireyaka (Rakta, Pita), Bimbi, Arka, Apamarga,

Chitraka, Shatavari, Bilva, Karnatari, Darbha, Brihati, and Kantakari.

Vasa 1 - The plant *Adhatoda vasica*. Root, leaves and flower of this herbal plant are useful.

Vasa 2 - Muscle fat. Useful in treatment of such diseases as Kasa/Jvara, Rajayakshma, Balaroga (Kasa), Urah Kshata, Rakra pitta, Rakta Pradara, Pama/Kachhu.

Vasameha - Adiposuria.

Vastra - Cloth, swab.

Vastuka - A kind of chenopodium. Album. Leaves, branches, flowers and seeds of this herbal plant are used medicinally.

Vasuka - The plant *Osmanthus fragroans* Lour.

Vata 1 - Literally from the verb root 'vata', 'to cover'. This is in reference to the huge canopy forming habit of this very common and characteristically Indian tree. Banyan tree. Bark, leaves, shoots, latex and fruit of this tree is useful in treatment of such diseases as Atisara (Rakta), and Rakta pitta.

Vata 2 - One of the three major constituents of the body humour. This is responsible for all sensory life and motor activities. The word Vata is derived from the verb 'Va' which means gati i. e. motion. This Dosha is responsible for all the movements in the body. It is of 5 types viz. Prana Vayu, Udana Vayu, Samana Vayu, Vyana Vayu and Apana Vayu. The seat of function of Prana Vayu is head, chest, throat, tongue, mouth and nose. It controls the function of salivation, eructation, sneezing, respiration, deglutition etc.

The seat of function of Udana Vayu is umbilicus, chest and throat. Its main function is phonation. It also provides enthusiasm, vitality, complexion etc. to the human beings. Functions of Samana Vayu are closely related to Agni (digestive-juices). It regulates the secretion of gastric juices, retains the food in the stomach or intestine for required time, thus help in its absorption. Vyana Vayu, which is situated all over the body, is responsible for pulsation of heart and blood circulation. It also

controls the movement of eyes, limbs etc. Seat of function of Apana Vayu are the testes, bladder, umbilical region, thigh, groin, etc. It controls the function of circulation of semen, urine, faeces, etc. Apana Vayu also governs the movement related with the delivery of foetus.

Vata Kantaka - Sprain of the ankle.

Vata Rakta - Vata Rakta is a disease characterized by acute pain and inflammation of joints that generally begin from the small toe or finger, and then gradually spread to the other joints of the body like the poison of rat. Extreme tenderness and burning sensation in the involved joints, excessive sweating, rigidity, numbness, discolourations of the skin on the affected joint, are the main signs and symptoms of Vata Rakta.

Vata Shleshmikaja Jvara - Influenza. Moderately high fever with pain in joints and headache, cold, cough, feeling of heaviness and moist wrapping in the body, and excessive sleep are the signs and symp-

toms of Vata Shleshmikaja Jvara.

Vata Vyadhi - Disease of nervous system.

Vata-asthi-shosha - Osteoporosis.

Vatabalasa - Rheumatism of the joints.

Vatada - *Prunus amygdalus Batsch*. A plant species.

Vataka = 4 gms. approximately. (A unit of measurement.)

Vatarakta - Gout. It is metabolic disorder causing arthritis. An acute attack affects a single joint specially the big toe but it may affect other joints also. Affected joint is red, swollen and extremely tender. Pain becomes severe within 24 to 36 hours. First attack generally involves one joint and lasts for a few days. Most of the patients have a second attack within 6 months.

Vataroha - Banyan shoot.

Vatashtila - Hard tumour in the rectal or urinary passage.

Vatashunga - Shoot of banyan tree.

Vatasutra - Nerve.

Vati - Tablet or pills. Mix powered drugs sieved through muslin in enough of water, Svarasa, Kvatha, Madhu, Guda or Guggulu to make it into a paste. Then prepare the Vati.

Vatika 1 - Shape of a medicine, generally round. Mix powered drugs sieved through muslin in enough of water, Svarasa, Kvatha, Madhu, Guda or Guggulu to make it into a paste. Then prepare the Vatika. This is also called Modaka, Pinda etc.

Vatika 2 - An indisposition caused due to disorder in wind humor, the vata.

Vatika Chhardi - In this disease patient vomits out small quantity of Kashaya, frothy and thin material with difficulty though the act is urgent. Other accompanied symptoms include headache, pain in the heart and umbilical regions, cough, hoarseness of voice and noisy eructation.

Vatika Hridroga - In Vatika Hridroga patient has acute pain in the heart region; the pain is like that of cutting, sawing,

churning or stretching. Other symptoms are palpitation, arrhythmia, heart block and fainting.

Vatma - Almond.

Vatma - Eyelid.

Vatsanabha (Visha) - Aconite. *Aconitum Ferox*. Hemlock. Its roots are employed in various preparations.

Vatula - Rheumatic.

Vatya - Fried barley. (One of the food-preparations mentioned in the Ayurvedic texts.)

Vayah-sthapana - Rejuvenators.

Vayu-nalika - Bronchi.

Vedanahara - Analgic, Anodyne.

Vedana-hara - Analgic.

Vedana-sthapana - Anodynes.

Vedhana - Puncturing.

Vedhana-Karma - Puncturing.

Vedupushpa - China-rose.

Vellita bandhana - Spiral bandage.

Veshtana - Coil bandage.

Vetasa shuga - Shoot of willow plant.

Vetasa suga - Roots of cane.

Vetasapatra shastra - Scalpel with thin edge.

Vetaspatra - Narrow bladed knife.

Vetra - Cane.

Vibandha bandha - Many tailed bandage.

Vibhandha - Binding, restricting, immobilizing.

Vibhitaka - A herbal species. The term literally meaning 'removing fear', i.e. in medicative action.

Vibhitaki - *Terminelia bellerica*. Its fruits are used. Also called **Vibhitaka**.

Vicharana - Consuming fats mixed with foods.

Vicharchika - Appearance of dark or dark brown coloured vesicles on the skin in the group form with itching and excessive discharge is known as **Vicharchika**. Pemphigus, rhegades.

Vida Lavana - Black salt.

Vidalika - Angina or quinsy.

Vidanga - *Embelia ribes*.
Berries.

Vidanga Phala - (A measurement of weight) equal to fruit of *Vidanga* (approx. 120 mg.)

Vidangam - A herbal species. The term literally meaning 'clever, able, skillful'.

Vidari - A herbal species. The term literally meaning 'splitting, rendering asunder'.
Pueraria tuberosa DC, *Vidari Kanda*, giant potato. Its tuberous root is used in medicines.

Vidarigandha - Synonym of *Shalaparni*.

Vidarigandhadi Gana - Group of herbal species including *Shalaparni*, *Vidari*, *Mahabala*, *Nagabala*, *Gokshura*, *Prshniparni*, *Sariva*, *Krishna Sariva*, *Jivaka*, *Rishbhaka*, *Mashaparni*, *Mudgaparni*, *Brahati*, *Kanjakai*, *Punarnava*, *Eranda*, *Ham-sapadi*, *Vrshchikali*, *Kapikachchu*.

Vidarika - *Bubo* in the groins.

Vijaya - *Bhanga*, *Cannavis sativa*. All parts of the plant are used. Also called *Asana*.

Vijayasara - The plant *Pterocarpus marsupium* Roxb. *Terminelia tomentosa*. Its bark and wood are medicinally used.

Vilepi - Gruel. Porridge. *Vilepi* is prepared with four times of water while *Peya* in six times and *Manda* in 14 times of water by weight of the cereal. *Manda* is without *Siktha* (cooked cereal or sediment) while *Peya* is with sediment but very thin and in *Yavagu*, it is full of sediments. *Vilepi* is very thick, almost semi-liquid.

Vilodana - Sounding.

Viloma - Alopecia.

Vimrida - Bole.

Vipadika - Chilblain.

Virataka - Magnate stone.

Viratarvadi Gana - Group of herbs including *Virataru*, *Saireyaka* (*Nila/Rakta/Pita*), *Darbha*, *Vrikshadani*, *Gundra*, *Nala*, *Kusha*, *Kasa*, *Pashanabheda*, *Agnimantha*, *Murva*, *Rajarka*, *Apamarga*, *Shyonaka*, *Indivara*, *Brahmi*, and *Gokshura*.

Virechana - Purgation Therapy.

Virechana nasya - Purgation Therapy. It is of two kinds, viz.

1. Avapida - fresh juice or decoction of drugs used 2.

Dhmana - murdhavirechana - fine powder of drugs is used in it.

Virechanopaga - Adjuvant in purgative therapy.

Visaphota - Eruptions.

Visarpa - Acute spreading suppurations.

Visha - Poison, Prisioning.

Visha - Toxic elements.

Visha Mushti - *Styrchnos nux vomica* Linn. A herbal species.

Vishala - The plant *Trichosanthes bracteata*.

Vishalya - A herbal species. The term literally meaning 'removing out the *shala* or the surgically removable matter. Synonym of *Indravaruni*, *Guduchi*.

Vishamajavara - Recurrent fevers.

Vishamavegi - Remitant.

Vishamayata - Toximia.

Vishavachi - Brachial neuralgia.

Vishuchika - Choleraic Diarrhea. It is an infection of small intestine caused by *Vibrio cholerae*. It results in watery diarrhea. If not treated properly person dies due to dehydration. It starts in epidemic form of sudden vomiting and diarrhea. About 500 ml of fluid is lost every hour. Toxin increases the passage of fluid from the blood stream into the large and small intestine. Sudden onset of acute vomiting and diarrhea accompanied by other constitutional symptoms may be due to *Vishuchika*. Acute vomiting and diarrhea, thirst, burning sensation, colic pain in the abdomen, yawning, giddiness, spasm in the body, discolouration of the skin, tremor, pain in the region of heart and hammering headache are the main signs and symptoms of *Vishuchika*.

Visravana - Drainage. A plant species.

Vita Khadira - The plant *Acacia farnesiana* Willd.

Vitana - Canopy like.

Vitana-bandha - Capheline bandage.

Vradhana - Permanent swellings.

Vrana - Chancre.

Vrana 1 - Wounds.

Vrana 2 - Primary lesion of chancre. It is usually in the genital area. It appears after 3 weeks of exposure and starts as a macula. Then it becomes papule and later on ulcer. The ulcer has indurated borders. The lips are the most common sites for primary syphilis. The chancre disappears within 1 to 4 weeks if treated properly.

Vrana yantra - Syringe and irrigator.

Vrana-bandhana - Dressing.

Vrana-Shotha - Inflammation.

Vrana has three stages viz. Aama, Pachyamana and Pakva. In Aama stage there is swelling, tenderness and low fever. In Pachyamana stage there is a change in the colour of the skin, stabbing or throbbing pain, intense burning with fever and accumulation of pus. In the Pakva stage pain is comparatively less, and shrinking of the skin over the boil and bursting occur.

Vridhipatra - Dissecting knife.

Vridhipatra shastra - Scalpel.

Vridhadaruka - A plant. Useful in treatment of such diseases as Vidradhi, Vrana, Shukralpata, Shlipada.

Vridhi - *Habenaria intermedia* Don. A disease.

Vrihimukha - Trocar and canula.

Vrikka - Kidney. Kidney is responsible for filtering the blood and excreting waste products. There are two kidneys in body.

Size of kidney is 4 to 5 inches long and about 6 ounces in weight. According to modern sciences, each kidney contains about 1 million glomeruli, which pass the filtered blood through long tubules into medulla. The glomeruli and tubules make up nephrons. Nephrons are the functioning unit of kidney. As person becomes old these number of units are diminished. Kidneys also control acid-base balance. When blood pressure falls kidney produces enzyme rennin.

Vrikka Roga - Disease of the kidney.

Vrikka Shula - Renal Colic. Colic resulting from gravel in urethra, ureter, bladder and kidney accompanied by scanty painful urination with blood may be known as Vrikka Shula.

Vrikka-vidardhi - Perinephritic abscess.

Vrikshamala or **Vishambila** - **Tintidaka**. The Kokam Butter tree.

Vrintaka - Brinjal.

Vrishana-Kachchu - Eczema of scrotum. Due to the non-cleanliness and wetness of scrotum, itching occurs which may lead to formation of pimples with discharge. This condition is known as **Vrishana-Kachchu**.

Vrishanakshepa - **Cryptoorchitis**.

Vrishchika Visha - Scorpion sting poison.

Vrishna Vriddhi - Inflammation and enlargement of the scrotum, orchitis Scrotal swelling.

Vrishya - Aphrodisiac.

Vyadhana - Puncturing.

Vyadhi - Disease.

Vyaghrairanda - The plant *Jatropha curcas*. Leaves, roots, seeds and oil of this plant are useful. They are employed for external uses only.

Vyahna - Haranguing together, arranging, assembling.

Vyama - (Units of linear measurements) fathom, measure of two extended arms.

Vyavrtana - Rotating.

Vyomashma - Type of jade.



Yakraddalyudara - Enlargement of liver (Yakrit). Disease occurring in liver. An important organ of the body situated in the right upper portion of the abdomen, is also called

Yakrddalyudara. Spleen (pliha) is situated in left upper portion of the abdomen and its enlargement is called Plihodara. In addition to the enlargement of liver or spleen, low-grade fever, thirst, loss of appetite, indigestion, weakness, constipation, emaciation, and pallor are the general signs and symptoms of Yakrddalyudara and Plihodara.

Yakrit - Liver.

Yakrit-vidardhi - Liver abscess.

Yama - (A unit of time) 3 hours.

Yamaka - Twin, double.

Yantra Karma - Function/ uses of blunt instruments.

Yantras and Anuyantras - Blunt surgical instruments and accessories.

Yashada Pushpa - Zinc oxide.

Yashti - Glycerrhiza glabra. Roots and roots' extract of this plant are used as medicine. Also called Yashtimadhu.

Yashtimadhu - Glycerrhiza glabra. The term literally meaning 'a stick that is honey sweet'. Synonym to Yashti and

Madhukam. Roots and roots extract of this plant are useful in treatment of such diseases as Kasa, Dhatukshaya, Vranashotha, Visarpa, Rakta Pradara, Svarabheda, and Hikka.

Yava - Barley

Yava = 30 mgs. approximately (A unit of measurement.)

Yavagu - Yavagu is of three types: Manda, Peya and Vilepi. It is prepared by boiling rice with prescribed drugs, removing the supernatant liquid that is known as Manda.

The liquid portion with a little quantity of Mudga or other pulse is known as Peya. A Yavagu with little of supernatant liquid and predominance of grain is called Vilepi. It is also prepared like that of Manda. It is a gruel that is thicker than the Peya.

Yavakshara - Lixivated ash of Hordeum vulgare Linn. Impure carbonate of potash. Salt petre.

Yavakuta - Coarsely powdered.

Yavani - Trachyspermum ammi Linn. Useful in treatment of such diseases as Arsha,

Kashtartava, and Shitapitta, etc.

Yavasa - Alhagi Pseudalhagi Desv. Duralabha, Alhagi camelorum, Yasa sharkara. The plant Camel's thorns. All parts of this herb are used in various medicines.

Yavatikta - Androgravis paniculata. Kalmegha. All parts of plant are useful from medicine point of view.

Yoni Bharmsha - Prolapse of the uterus.

Yoni daha - Burning sensation and puritis of the vulor.

Yoni kandu - Dryness and itching of vagina.

Yoni marga - Vaginal douche.

Yoni roga - Diseases of the reproductive organs.

Yoni vikshana yantra - Vaginal speculum.

Yonisamvarana - Stenosis.

Yusa - Soup. To prepare Yusa, take 12 or 24 or 48 grams of the drug, depending upon its Tikshna, Madhya and Midu Virya respectively and add to it 48 to 96 grams of Dvidala or

Mudga. Cook with 750 ml. of water and reduce it to half or quarter volume and strain.

Yuthika (Juhi) - Jasminum auriculatum. Leaves and flowers of this plant are medicinally used.

Yuvana Pidaka - Appearance of nodules looking like the thorns of Shalmali (red silk cotton tree) on the face of young people is known as Yuvanapidaka.







Dictionary of Ayurveda

As a first attempt of an authentic dictionary of Ayurvedic terms used in classic texts and their commentaries, the present manual fills a real gap felt by many students of Indian medicine as well as lay readers. It provides the readers not with a mere superficial enumeration of Ayurvedic terms and their English equivalents, but offers them precise and authentic definitions and explanations. These terms include ones related to pharmaceutical processes, herbs and herb-groups, diagnosis of diseases, physiological functions, weight and measurements and the like. This dictionary serves as a ready connect between the worlds of Ayurveda and the English-knowing people.

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